

Shakshouka: Spicy Tomato Sauce with Poached Eggs

	Price at Co-op	w/ Double SNAP
1tbsp olive oil	-----	-----
1 medium red onion, chopped ----->	\$1.00	\$0.50
3 cloves garlic, minced ----->	\$0.20	\$0.10
1 large can diced tomatoes ----->	\$4.26	\$4.26
1 red bell pepper, diced----->	\$0.80	\$0.40
1 tsp harissa or red chili flakes	-----	-----
1 tsp cumin----->	\$0.10	\$0.05
1 tsp paprika----->	\$0.10	\$0.05
½ tsp <i>smoked</i> paprika----->	\$0.15	\$0.07
Handful cilantro (or parsley) minced--->	\$0.29	\$0.29
Salt and Pepper to taste----->	\$0.50	\$0.25
1 – 2 eggs per person----->	\$4.50 (one dozen)	\$4.50
	<hr/>	
	Totals: \$11.90	\$10.47

Method:

Sauté the pepper, onion and garlic in about 1 tbsp oil until soft. Season with salt and pepper. Add the harissa and the spices. Add the chopped tomatoes. Cook over medium heat for about 10 minutes to allow time for everything to meld and the tomatoes to break down. Taste and adjust seasoning.

When ready, crack the eggs into the sauce. Cover and let poach about 5 minutes until the whites have just set. The length of time depends on how you like your eggs (these will over easy/over medium). Scoop out into bowls and eat with some fresh bread to soak up the sauce and egg.

Variations:

Add mild or hot Italian sausage when you are sautéing the onions and peppers. Sprinkle with feta cheese or top with yogurt. Serve over rice or couscous. Turn into a pizza!