

SHAKSHUKA



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This recipe is highly adaptable, quick, and costs less than \$5 per serving! Feel free to incorporate as many vegetables as you like or add more protein like ground meat or sausage.



INGREDIENTS

2 tablespoons olive oil
1 medium onion, diced
1 red bell pepper
4 garlic cloves
2 teaspoon paprika
1 teaspoon cumin
 $\frac{1}{4}$ teaspoon chili powder
1 (28-ounce can) whole peeled tomatoes
block of feta cheese
one bunch parsley
salt pepper to taste
6ish eggs
Optional: toasted bread/sourdough, lemon

DIRECTIONS

1. Heat olive oil on medium heat in a pan, and add chopped bell pepper and onion until the onions turn translucent (about 5 minutes).
2. Add the garlic and spice mixture and cook for about another minute.
3. Pour the canned tomatoes into the pan and try to crush them down as much as possible with a spoon until it becomes saucy. Season mixture with salt, pepper, and more of the spice mixtures if you like a little more flavorful shakshuka, and bring it to a simmer.
4. Once it reaches the simmer, use a spoon or utensil to try to create small wells in the sauce and crack eggs into each well.
5. Cook these eggs for about 6 minutes (longer if you want the eggs to be more cooked through, and less if you like them more runny). Cover the pan to give the eggs a quicker and more even overall cook.
6. Turn off the heat once the eggs are near your liking (maybe even a minute before since the eggs will cook a bit in the residual heat), and top with crumbled feta cheese, parsley, and a squeeze of lemon.

RESOURCES



BU Food Pantry



Thoughtful
Eating Toolkit

Notes

If you don't like feta cheese, goat cheese works very well (or skip the cheese for dairy-free option),

Change the flavor profile to your liking. For example, replace above seasonings with taco seasonings for a Mexican-inspired shakshuka.