

Shakshuka Variation (Eggs in Tomato Sauce) (Menstrual)

¼ cup chopped green pepper (I use a jalapeño)
¼ cup chopped white onion
1-2 clove garlicks
1 14.5oz can diced fire roasted tomatoes
2 teas chili powder
1 teas cumin
2-4 eggs

Sautee vegetables on medium heat until softened, add garlic and cook for additional 1 min. Stir in tomatoes and then spices. Bring to boil and then let the sauce simmer for 10-15 minutes until reduced. Create small pockets or divots in the sauce (one for each egg using), and then carefully crack egg into that spot without disrupting the yoke. Cover and cook until egg has set. Serve over quinoa, or put whole wheat tortilla in air fryer and use to dip.

Best for the Menstrual phase.

