

## Eggs in a Tomato Sauce (or Shakshuka with Lentils)

Preparation time **5 minutes**

Cooking time **40-45 minutes**

Servings **4**

Cost per serving **\$1.44**

Storage **The final dish (with eggs) is best eaten right after the eggs have been cooked. The sauce without eggs will keep in the fridge for 3 days or can be frozen.**

Kitchen tools **Cutting board, sharp knife, large frying pan, wooden spoon, measuring cups and spoons, colander, can opener**



## Ingredients



20 ml (4 tsp) **canola oil**



1 large or 2 small **yellow onions**, chopped (about 250 ml / 1 cup)



3 **garlic** cloves, finely chopped



5 ml (1 tsp) **ground cumin**



5 ml (1 tsp) **paprika**

*FOR A SPICIER DISH, USE A HOTTER PAPRIKA.*



10 ml (2 tsp) **sugar**

*OR REPLACE LENTILS WITH SLICED SAUSAGE, JUST GRILL THEM BEFORE STARTING THE RECIPE.*



**Salt and pepper** to taste



1 can (796 ml) **diced tomatoes**



125 ml (½ cup) **chicken broth**



1 can (540 ml) **lentils**, drained and rinsed

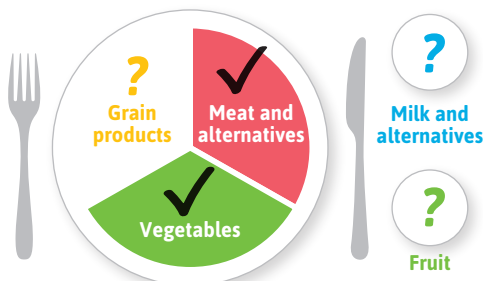


125 ml (½ cup) **frozen spinach**, thawed and drained



**6 eggs**

Illustrations © Québec Amérique. All rights reserved (ikonet.com)



### Balanced plate

Serve with:

- ? A grain product (sliced toast, for example)
- ? A fruit
- ? A glass of milk or fortified soy beverage

## Directions

1	In a large frying pan over high heat, cook the onions for 2 minutes in the oil, or until browned.	
2	Add the <b>garlic, cumin, paprika, sugar, salt</b> and <b>pepper</b> . Combine and cook for 1 more minute.	
3	Add the <b>tomatoes</b> and the <b>broth</b> . Bring to a boil, reduce heat to low and simmer for 15 minutes.	
4	Add the <b>lentils</b> and the <b>spinach</b> , and mix. Cook for about 5 minutes until warm.	
5	Make 6 holes in the mixture and crack an <b>egg</b> into each hole.	
6	Add <b>salt</b> and <b>pepper</b> and cook over low heat for 10 to 15 minutes, or until the eggs are set. Sprinkle a little <b>paprika</b> on the eggs before serving. <b>Tip:</b> Covering the frying pan will help the eggs cook faster.	

My rating: ★ ★ ★

---



---



---



---



---

This original recipe was developed by Extenso - The Université de Montréal reference centre on human nutrition