Feng Shui Kitchen- Cooking with the 5 Elements

FIRE ELEMENT- HEART

Middle Eastern Shakshuka

INGREDIENTS

- 1 medium onion, diced
- 1 red bell pepper, seeded and diced
- 4 garlic cloves, finely chopped
- 2 tsp paprika, 1 tsp cumin
- 1/4 tsp chili powder
- 1 28-ounce can whole peeled tomatoes
- 6 large eggs
- salt and pepper, to taste
- 1 small bunch fresh cilantro, chopped
- 1 small bunch fresh parsley, chopped

PREP TIME

- Prep | 10 m
- Cook | 30 m
- Ready in | 40 m
- Duration | 5 days

PROCEDURE

01 Heat olive oil in a large sauté pan on medium heat. Add the chopped bell pepper and onion and cook for 5 minutes or until the onion becomes translucent.

02 Add garlic and spices and cook an additional minute.

03 Pour the can of tomatoes and juice into the pan and break down the tomatoes using a large spoon. Season with salt and pepper and bring the sauce to a simmer.

04 Use your large spoon to make small wells in the sauce and crack the eggs into each well. Cover the pan and cook for 5-8 minutes, or until the eggs are done to your liking. Garnish with cilantro and parsley