Mexican Shakshuka

We're putting a Mexican spin on the North African "shakshuka", eggs baked in a spiced tomato sauce. We're making our version with tomatillos, Mexican peppers, and black beans, then swapping in cheesy quesadillas for the traditional pita.

25 Minutes to the Table

25 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

2 Large Skillets (one with a cover)

FROM YOUR PANTRY

Olive Oil

Salt & Pepper

Eggs (2 per serving)

6 MFF7 CONTAINERS

Bell Peppers

Seasoned Black Beans Creamy Tomatillo Sauce

Tortillas

Cheese & Green Onion

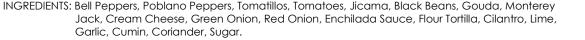
Salsa Rojo

Good to Know

Health snapshot per serving – 775 Calories, 36g Protein, 46g Fat, 59g carbs, 21 Freestyle Points.

Lightened Up Health snapshot per serving – 615 Calories, 39g Fat, 43g carbs, 18 Freestyle Points with half the eggs and half the tortillas.

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.





1. Create the Shakshuka Sauce

Heat 2 Tbsp olive oil in a large skillet over medium-high heat. Add the **Bell Peppers** and cook until they start to char, about 3 to 4 minutes.

Add the **Seasoned Black Beans, Creamy Tomatillo Sauce** (the lighter greenish sauce) and $\frac{1}{4}$ cup water, then bring the mixture to a boil.

2. Cook the Eggs

Reduce the heat to medium. Create 4 evenly spaced "holes" in the sauce for the eggs to cook in. Crack one egg into each of the "holes" and sprinkle salt and pepper over each egg.

Cover (use a baking sheet if you don't have a lid) and simmer until the eggs set. about 5 minutes. Remove from the heat and remove the cover. Set aside to cool for at least 5 minutes.

3. Make the Mini Quesadillas

While the Shakshuka is cooling, heat 1 Tbsp olive oil in a second skillet over medium heat. When the oil is hot, arrange 2 tortillas side-by-side, and spread with the **Cheese & Green Onions** in a single layer, edge-to-edge, then top with the remaining tortillas. Cook until the bottom starts to brown, about 3 minutes. Flip and cook the other side until it starts to brown and cheese is melted, an additional 3 minutes.

4. Put It All Together

Spoon the Shakshuka into serving bowls and top with **Salsa Rojo** (the darker red sauce). Use the quesadilla for dipping and to soak up all the sauce. Enjoy!

Simmer for only a couple minutes if you prefer your eggs runny or longer a more solid yolk. Remember that the eggs will continue to cook after removing from the heat.

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois