White Bean and Egg Shakshuka

Prep: 5 minutes | Cook: 5 minutes | Total: 10 minutes
Yield: 1 serving | Serving Size: 1 bowl or mug

Ingredients

Nonstick cooking spray
¾ cup no-salt-added tomato sauce
¾ cup no-salt-added white beans (e.g. Cannellini, Great Northern), drained and rinsed
¼ teaspoon dried thyme
¼ teaspoon sweet or smoked paprika
¼ teaspoon onion powder
Pinch garlic powder
Pinch salt
Pinch ground black pepper
2 eggs

Directions

1. Coat the inside of a microwave-safe bowl with cooking spray.
2. Add the tomato sauce, beans, rosemary, paprika, onion powder, garlic powder, salt, and pepper. Stir to combine.
3. Make a well in the center of the sauce, and crack the eggs into it.
4. Microwave on high power (default setting) for 1 minute.
5. Continue cooking in 20-second bursts at 80% power until the egg yolk and white are set. Depending on your microwave, this will take about 2-4 minutes in total.

Recipe Notes

- If you like heat, try adding a pinch of cayenne or crushed red pepper flakes.
- Transfer any leftover beans and tomato sauce to airtight storage containers and refrigerate for up to 5 days. The leftover tomato sauce could also be frozen in an ice cube tray, then transferred to a plastic storage zip-top bag and stored in the freezer for up to 3 months.