

Black Bean Shakshuka

From Foolproof Veggie One-Pot by Alan Rosenthal

Ingredients:

For the shakshuka:

olive oil
salt and pepper
1 onion, finely sliced
1 celery stick, finely sliced
1 green bell pepper, sliced
1 red bell pepper, sliced
3 garlic cloves, finely chopped or grated
2 tsp ground cumin
1 tsp smoked paprika
1/2 tsp allspice
1/2 tsp cayenne pepper
2 tsp dried oregano
1tbsp tomato paste
1 14oz can chopped/diced tomatoes
2 14oz cans black beans, rinsed and drained
4 eggs

For the salsa:

1 cup canned or frozen sweet corn
1 avocado, cut into chunks
4 scallions, finely sliced
1 jalapeno, finely sliced
2 tbsp fresh cilantro
3 tbsp olive oil
juice of one lime

To serve:

shredded cheddar
sour cream or Greek yogurt
additional fresh cilantro

Directions:

1. Heat 4 tbsp olive oil in a wide shallow pot over medium heat. Add the onion, celery, green and red pepper and a pinch of salt. Cook for 10-12 minutes until the vegetables have softened and the volume has reduced considerably.

2. Add the garlic and cook for 2 minutes, then add the spices and tomato paste and cook for 1 minute. Add the canned tomatoes, then fill the can with hot water and add that too, along with a few grinds of salt and pepper. Bring everything back to a simmer and cook for 6-7 minutes, stirring regularly until thickened slightly. Reduce the heat slightly and add the black beans. Cook gently for another 10-12 minutes until thickened.

3. While everything is bubbling away, prepare the salsa. Mix all the ingredients together and season with a good pinch of salt and pepper.

4. Once the black bean mixture has thickened, use a wooden spoon to make four wells in the sauce. Crack an egg into each well and season each egg. Pop the lid on and cook for 5-7 more minutes, or until the egg whites have set.

5. Serve scattered with fresh cilantro, with the salsa on the side, as well as the cheddar and yogurt if desired.