



Veggie Poached Eggs



I always keep canned tomatoes in the pantry - crushed, whole, puree, you name it - and stock up when they're on sale. As I mention in the video, I will sometimes use whole tomatoes in the dish, instead of crushed, and simply break them up with my spoon as they simmer. If there's a lot of extra liquid, stir in a tablespoon of tomato paste to give them a little more body.

- 3 tablespoons olive oil
- 1 large onion, chopped
- 1 really large or 2 medium-size red or green bell peppers
- 2 - 4 garlic cloves, minced
- 1 1/2 teaspoons smoked or sweet paprika

- 1 1/2 teaspoons ground cumin
- 1 28-ounce can crushed tomatoes
- Salt and pepper to taste
- Large eggs (1 per serving)
- 1/2 - 3/4 cup crumbled feta cheese
- Chopped fresh Italian parsley or cilantro

1. Heat the olive oil in a large skillet; a lidded 11-inch diameter pan is good. If you don't have a lid, you can always improvise with aluminum foil. Add the onion and bell pepper and cook over medium-high heat for 7 to 8 minutes, until the onion is starting to color.

2. Stir in the garlic, paprika, and cumin. Cook over medium heat for 30 seconds, stirring. Stir in the canned tomatoes. Bring to an active simmer, adding salt and pepper to taste.

3. Using a large spoon, make several depressions in the sauce - one for each egg that you're cooking. Slide an egg into each one.*

4. Cover the skillet and simmer/poach the eggs until they're done to your liking. I like them best when the whites are fully cooked but the yolks are still runny. On the low end, this could take 4 to 5 minutes. If you like your yolks fully cooked, it might take twice as long. Keep an eye on them and test the yolks with the tip of a paring knife.

5. Garnish the top of the dish with the feta cheese and herbs. Remove from the heat and serve alone, on pasta, rice, or - my favorite way - on top of toasted focaccia or ciabatta. Makes up to 6 servings.

*Only cook as many eggs as you need for one meal. Refrigerate the leftover sauce for up to 2 days, reheat, and serve with freshly poached eggs that you poach separately.

