Spicy Tomato Poached Eggs

2T oil

½ onion, diced

1 red bell pepper, diced

1 jalapeño, minced

3 cloves garlic, minced

1T paprika

1t ground coriander

1t cumin

28oz can whole tomatoes, crushed by hand, juice reserved

8 eggs

Sauce:

1 ½c fresh cilantro

¼c fresh Italian parsley

1T jalapeño, minced

2 cloves garlic, minced

2T lemon juice

Heat oil in large skillet, sauté peppers, onions and jalapeños until tender. Add garlic and spices, cook 2min then add tomatoes with juice. Make 8 depressions in tomato mixture and crack and egg into each. Cover skillet and cook until eggs reach desired doneness, about 6-10min.

While eggs are cooking combine all ingredients for sauce in blender and blend until smooth.

When eggs are done drizzle with sauce and serve.