



- 2 tablespoons olive oil**
- 1 onion diced**
- 1/2 cup sliced mushrooms**
- 1 teaspoon salt**
- 1 cup diced red bell peppers**
- 1 jalapeño pepper seeded and diced**

- 1 teaspoon ground cumin**
- 1/2 teaspoon paprika**
- 1/2 teaspoon ground turmeric**
- 1/2 teaspoon ground black pepper**
- 1 can crushed tomatoes**
- 3 large eggs**

1. Heat olive oil in a large, heavy skillet over medium-high heat. Add onion and mushrooms; season with salt. Cook and stir until the mushrooms release all of their liquid and start to brown, about 10 minutes.
2. Add red bell pepper and jalapeño pepper. Cook and stir until the peppers begin to soften, about 5 minutes. Season with ground cumin, paprika, ground turmeric, and ground black pepper. Cook and stir to blend the flavors, about 1 minute.
3. Stir in crushed tomatoes. Reduce the heat to medium. Simmer uncovered, stirring occasionally, until the vegetables are softened and sweet, 15 to 20 minutes.
4. Use a large spoon to make a depression in the sauce for each egg. Crack an egg into a small ramekin and slide gently into an indentation; repeat with remaining eggs. Season eggs with salt and pepper. Cover and cook until eggs reach desired doneness.
5. Serve

### Nutrition Facts

**Amount per Serving**

**Calories** 177

Calories from Fat 120

**% Daily Value\***

|                          |     |
|--------------------------|-----|
| <b>Total Fat</b> 14g     | 21% |
| Saturated Fat 3g         | 15% |
| <b>Cholesterol</b> 215mg | 71% |
| <b>Sodium</b> 855mg      | 35% |

|                              |    |
|------------------------------|----|
| <b>Total Carbohydrate</b> 5g | 1% |
| Dietary Fiber 1g             | 4% |
| Sugars 0g                    |    |

|                   |               |
|-------------------|---------------|
| <b>Protein</b> 8g |               |
| Vitamin A 13%     | Vitamin C 45% |
| Calcium 2%        | Iron 4%       |

Percent Daily Values are based on a 2,000 calorie diet.