



Nourish Recipe

## Three Pepper Spicy Eggs

Servings: 6

Recipe courtesy of  
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### Ingredients

2 Tbsp coconut oil or ghee

½ onion white or yellow,  
chopped

2 cloves garlic minced

2 bell peppers (any color), cored  
and sliced thin

1 jalapeño pepper cored and  
sliced thin

1 tsp cumin

1 tsp paprika

1 tsp dried oregano

¼ tsp sea salt

14 oz crushed tomatoes

½ cup water

6 organic eggs

Sesame seeds

¼ cup Italian parsley chopped

Freshly ground pepper

6 toasted corn tortillas or  
cooked brown rice, optional



### Fun Facts & Recipe Tips



For a hardier meal, try serving this one on a toasted corn tortilla or over some cooked brown rice.



Make ahead tip: The sauce can be made in advance and stored in an airtight container for 5 days or frozen for months. When ready to make breakfast just place it back in the pan, bring back to a simmer and then add eggs.

### What you'll need



measuring  
spoons



measuring  
cups

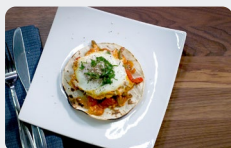


large skillet  
& lid

## Three Pepper Spicy Eggs

### Instructions

1. Heat oil or ghee (2 Tbsp) in a large skillet over medium-high heat.
2. Add onion (½) and cook for about 4 minutes, until soft.
3. Add garlic (2 cloves) and cook an additional minute.
4. Add all the peppers and cook for about 5 minutes, until they are softened.
5. Add cumin (1 tsp), paprika (1 tsp), oregano (1 tsp) and salt (½ tsp) and cook for one minute more.
6. Pour in tomatoes (14 oz) and water (½ cup) and bring to a simmer. Reduce heat to medium-low and continue to simmer sauce for 15 minutes, stirring occasionally.
7. Make 6 indentations in the sauce and crack an egg into each. Cover the pot and cook for 4-6 minutes, depending on how you like your eggs.
8. Sprinkle with sesame seeds, parsley (¼ cup), and a dash of pepper. If serving with tortillas or brown rice, simply spoon over each. Otherwise, divide into bowls and enjoy.



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## Nutrition Facts

Servings 6

Amount Per Serving

**Calories** **212**

% Daily Value

**Total Fat** 10.6g **14%**

Saturated Fat 5.5g **28%**

**Cholesterol** 164mg **55%**

**Sodium** 281mg **12%**

**Total Carbohydrate** 21.7g **8%**

**Dietary Fiber** 5g **18%**

**Sugars** 6.8g

**Protein** 9.6g

Vitamin D 15mcg **77%**

Calcium 108mg **8%**

Iron 3mg **17%**

Potassium 240mg **5%**