

# Mexican Shakshuka

Yield: 4 min  
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-shakshuka-recipe>

## Ingredients:

- 1/2 tablespoon avocado oil Olive oil works too
- 1/2 red pepper Large, sliced
- 1 1/2 teaspoons taco seasoning click to see the recipe I use
- 14 ounces diced tomatoes
- 2/3 cup salsa choice
- 1 tablespoon tomato paste
- 4 large eggs
- salt
- pepper
- 1/2 avocado Large, sliced
- cilantro for garnish, optional
- green onion Sliced, for garnish, optional
- 3 cups cauliflower cut into florets
- 1 1/2 teaspoons avocado oil
- 1/3 cup cilantro minced
- fresh lime juice to taste
- salt
- pepper

## Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 22 grams
3. Cholesterol: 210 milligrams
4. Fat: 13 grams
5. Fiber: 7 grams
6. Protein: 12 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 810 milligrams
9. Sugar: 9 grams

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