

# Shakshuka with Chickpeas and Kale

Yield: 6 min  
Total Time: 22 min

Recipe from: <https://www.recipeschoose.com/recipes/wheat-naan-indian-recipe>

## Ingredients:

- olive oil drizzle of, or butter/ghee
- 1/2 medium onion diced
- 2 cloves garlic minced
- 1 large red bell pepper
- 1 teaspoon smoked paprika
- 1 teaspoon cumin
- 1/2 teaspoon cayenne
- 1/2 teaspoon chili powder
- 1 tablespoon tomato paste
- 28 ounces diced tomatoes or crushed
- 2 cups cooked chickpeas
- 2 cups kale chopped fresh
- 6 eggs
- salt
- pepper
- feta cheese optional
- fresh parsley optional
- 6 pieces whole wheat naan

## Nutrition:

1. Calories: 410 calories
2. Carbohydrate: 60 grams
3. Cholesterol: 215 milligrams
4. Fat: 11 grams
5. Fiber: 7 grams
6. Protein: 18 grams
7. SaturatedFat: 3 grams

8. Sodium: 800 milligrams

9. Sugar: 7 grams

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