

Keto Southern Goat Cheese Shakshuka

Hands-on 10 minutes Overall 20-30 minutes

Nutritional values (per serving, 2 eggs + veggies): Total carbs: 18.2 g, Fiber: 8.7 g,

Net carbs: 9.5 g, Protein: 23.9 g, Fat: 37 g, Calories: 486 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes 6 servings)

- 1/4 cup [extra virgin olive oil](#) (60 ml)
- 1/2 small yellow onion, diced (70 g/ 2.5 oz)
- 1 jalapeño pepper, minced (14 g/ 0.5 oz)
- 1 medium green bell pepper, diced (120 g/ 4.2 oz)
- 2 cloves garlic, minced
- 1 tbsp paprika
- 1/2 tsp red pepper flakes
- 1 tsp sea salt
- 1 large (28-oz) can crushed tomatoes (800 g)
- 3 cups chopped collards, chard *or* spinach (100 g/ 3.5 oz)
- 6 large eggs
- 115 g goat cheese (4 oz)

Note: Recipe makes 4 to 6 servings.

Instructions

1. Preheat oven to 220 °C/ 425 °F (conventional), or 200 °C/ 400 °F (fan assisted). Heat the oil in a large oven safe skillet over medium high heat. Add in the onion, jalapeño, bell pepper, and garlic. Sauté 3-4 minutes until soft. Add in the spices and cook 30 seconds until fragrant.
2. Add the crushed tomatoes to the pan along with the collards. Cook until collards are wilted about 4-5 minutes. Turn off the heat.
3. Using a spoon create divots in the sauce and crack an egg into each divot. Transfer the skillet to the oven and cook another 5-10 minutes just until the egg whites are set but the yolks are still runny.
4. Top with crumbled goat cheese and serve. Eat immediately or refrigerate for up to 3 days.

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