

Baked Eggs with Chorizo & White Cannellini Beans

*Carolyn T's
Internet
Cookbook*

Servings: 2

Author: Stonesoup blog

Source: Chez Loulou blog



- 1 tablespoon olive oil**
- 1/2 pound chorizo**
- 1 small red onion, chopped (or yellow onion)**
- 2 cloves garlic, peeled & sliced**
- 1 tablespoon dried oregano, crushed in your hands**
- 8 ounces canned tomatoes, peeled, crushed**
- 2 tablespoons tomato paste**
- 2 tablespoons red wine vinegar**
- 16 ounces canned cannellini beans, drained**
- 4 whole eggs**

Serving Ideas: If you have leftovers of this (minus the eggs), pour it into a saucepan, add some additional tomatoes, broth, more Mexican oregano, some chile powder, a small can of corn, and you have soup with some grated Cheddar cheese to serve on top.

Blog: Carolyn T's Blog:
<http://tastingspoons.com>

*Per Serving (excluding unknown items): 1059
Calories; 62g Fat (52.1% calories from fat); 60g
Protein; 68g Carbohydrate; 16g Dietary Fiber; 524mg
Cholesterol; 2858mg Sodium. Exchanges: 3
Grain(Starch); 6 1/2 Lean Meat; 3 Vegetable; 8 1/2
Fat; 0 Other Carbohydrates.*

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Notes: Serve in a wide soup bowl with a nice green salad piled on top. And maybe sourdough toast on the side. If you are going to cook and bake in the same pan, make sure the mixture is at least 1/2 inch thick (in other words, use a smaller diameter pan so you'll have some depth). And, try to use very lean chorizo - the cheap, greasy stuff makes this dish much too oily.

Description: Could be a brunch dish, but also an easy/quick supper too.

1. Preheat oven to 375F. Heat oil in a large flame proof casserole dish or frying pan. Cook chorizo over a medium heat until well browned. Remove chorizo from the pan and drain on paper towels. Add onion to the grease in the pan and cook for 10 minutes or until softened and not browned. Add garlic and cook for a few more minutes before adding oregano, tomatoes, tomato paste and vinegar. Season and bring to a simmer and cook, stirring occasionally for 15 minutes or until sauce has thickened but still has a bit of liquid to it.
2. Stir in the beans and chorizo and using a spatula, smooth top. (Make sure the pan or casserole you're using allows some depth to the mixture so you can make the indentations needed - below - so the eggs won't spread all over everywhere.) Bring back to a simmer and remove from the heat. Using a spoon, make 4 egg sized indentations (fairly deep) in the bean mixture and crack an egg into each hole. Bake for 10-15 minutes or until egg whites are just cooked but the yolks are still lovely and runny. Remember that this dish holds its heat so the egg will continue to cook after you remove the pan from the oven.
3. Divide between 2 warmed plates or bowls and serve immediately.