

MUSHROOM SHAKSHUKA

Mushroom shakshuka is a hearty twist on the classic Middle Eastern dish, featuring savory mushrooms simmered in a rich, spiced tomato sauce. Eggs nestled in the sauce, adding a creamy texture that complements the earthy mushrooms and bold seasonings.

Serving suggestion: Serve with warm flatbread (not included in the ingredients or nutrient analysis).

ONE PORTION PROVIDES: ¾ cup vegetable, 2 oz eq. meat/meat alternate



INGREDIENTS	24 SERVINGS	48 SERVINGS	DIRECTIONS
Mushrooms, fresh, sliced	3 pounds	6 pounds	Preheat the oven to 400 °F. 1. Place mushrooms, tomatoes, peppers and onions, tomato paste, oil and seasonings into a 6-inch, full-size, steamtable pan. Stir well to combine. 2. Cover and cook for 1 ½ to 2 hours. Stirring occasionally. <i>CCP: Heat to 135 °F or higher for at least 15 seconds.</i> 3. Remove from oven. Cool. <i>CCP: Cool hot cooked food from above 135 °F to 70° F or lower within two hours, and then cool down to 41°F or lower within an additional four hours, for a total cooling time of six hours using appropriate procedure.</i> <i>Note: this can be made a day ahead of time.</i>
Tomatoes, diced, canned, unsalted	½ #10 can	1 #10 can	
Peppers and onions, frozen	3 ¼ pounds	6 ½ pounds	
Tomato paste, unsalted	5 ounces	10 ounces	
Oil, vegetable	2 T		
Cumin, ground	2T		
Garlic, granulated	2T		
Salt, kosher	1t		4. Line up individual baking dishes on a sheet tray. Scoop a #6 disher of vegetable mixture (¾ cup) into each dish. 5. Place a cracked egg on top of vegetable mixture.
Eggs, whole	2 dozen	4 dozen	
Cheese, feta	8 ounces	1 pound	

			6. Sprinkle with one tablespoon of feta per dish and bake for 15 minutes. CCP: Heat to 165 F or higher for at least 15 seconds. 7. Serve with an optional flatbread or naan bread, if desired CCP: Hold for hot service at 135 F or higher.
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NUTRITION INFORMATION:

1 serving = 2/3 cup plus egg

NUTRIENTS	AMOUNT	UNIT	NUTRIENTS	AMOUNT	UNIT
Calories	160		Total Carbohydrate	11	(g)
Total Fat	9	(g)	Dietary Fiber	2	(g)
Saturated Fat	3	(g)	Added Sugars	0	(g)
Cholesterol	195	(mg)	Vitamin D	1.2	(mcg)
Sodium	250	(mg)	Calcium	100	(mg)
Protein	10	(g)	Iron	1.4	(mg)

NOTES
SOURCE

Chef Samantha Gasbarro, HealthySchoolRecipes.com