

Spicy eggs in Purgatory

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Spicy eggs in purgatory is a dish that perfectly balances simplicity and bold flavors. This traditional Italian recipe features eggs poached in a rich, garlicky tomato sauce with a touch of heat. It's an easy one-pan meal that's perfect for breakfast, brunch or even a light dinner.

The origins of eggs in purgatory are deeply rooted in Italian cuisine, particularly in the southern regions like Campania. The name Uova in Purgatorio is said to symbolize the fiery tomato sauce as purgatory and the delicate eggs as souls within it. Similar to the Middle Eastern shakshuka, this dish showcases the universal love for eggs cooked in a flavorful sauce.

Tips for the best spicy eggs in purgatory

1. Adjust the spice to your liking by increasing or reducing the red pepper flakes.
2. Use my easy marinara sauce for a rich and flavorful sauce.
3. Don't overcook the eggs if you prefer runny yolks, keep an eye on them as they set.
4. Add extra toppings like crumbled feta, olives or cooked Italian sausage or pancetta.

Spicy eggs in purgatory is one of those magical dishes that delivers big flavors with minimal effort. Whether you're enjoying it for breakfast or dinner, this dish is sure to become a staple in your kitchen.

Have you tried making Eggs in Purgatory? Let me know your favorite variations in the comments below. I love hearing from you. It's my favorite part and it helps others. Thanks!!!

Ingredients

- 2 Tbsp. olive oil
- 2 cups sliced mixed color bell peppers
- 1 cup chopped onions
- 1 Tbsp. minced garlic
- 1 Tbsp. hot pepper flakes
- 3 cups my easy marinara sauce
- 4 eggs
- 1 Tbsp. each chopped basil and Italian parsley

Instructions

1. Start by cleaning your bell peppers and cutting into thin strips
2. In a saute pan over medium high heat in the olive oil saute the bell peppers, red pepper flakes, onions and garlic until soft and translucent
3. Then add in the marinara sauce and simmer for 10 minutes.
4. Make 4 indentations with the back of a spoon in the sauce and drop the eggs into them. Simmer covered until the eggs reach your preferred doneness. Top with the basil and Italian parsley.
5. Serve with toasted bread. ENJOY