Tomato & White Bean Breakfast Skillet

White beans simmered in a paprika tomato sauce with two eggs cooked on top. A hearty breakfast made in one skillet.

Prep 10 min **Cook** 20 min **Serves** 2

Ingredients

- ☐ 1 tbsp olive oil
- ☐ 1 small onion, finely diced
- ☐ 2 garlic cloves, minced
- ☐ 1 tbsp tomato paste
- ☐ 1/2 tsp smoked paprika
- ☐ 1 can (14 oz / 400 g) crushed tomatoes
- ☐ 1 can (15 oz / 425 g) cannellini beans, drained and rinsed
- ☐ 1/4 tsp fine salt, plus more to taste
- ☐ 2 large eggs
- ☐ 2 tbsp chopped parsley
- ☐ 2 slices crusty bread, to serve



Spoon & Joy recipe illustration.

Before you start

Use a wide pan
A wide skillet keeps the bean layer shallow so the eggs can cook gently without a long wait.

Timing note
Preparation and cooking times are estimates. Read the full method before starting.

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METHOD & KITCHEN NOTES

1. Warm the olive oil in a 10-inch skillet over medium heat. Add the onion and cook for 5 minutes, stirring, until softened.
2. Add the garlic, tomato paste and smoked paprika. Stir for 1 minute so the paste darkens slightly without scorching.
3. Add the crushed tomatoes, drained beans, salt and 1/4 cup water. Simmer for 7-8 minutes, stirring occasionally, until thick enough to hold a shallow well.
4. Lower the heat. Make two wide, shallow wells and crack an egg into each one. Cover with a lid.
5. Cook gently for 5-7 minutes, checking as needed, until the whites and yolks are set. If the sauce sticks before the eggs are ready, add a splash of water around the edge.
6. Sprinkle with parsley and serve with bread for scooping up the sauce.

Storage & making ahead

The bean and tomato base can be refrigerated for up to 3 days. Reheat it thoroughly and cook fresh eggs on top when serving.

Watch the sauce thickness It should look like a loose stew before adding the eggs. Add a tablespoon of water if it has reduced to a paste.

Read this recipe on Spoon & Joy