Rustic Breakfast Eggs in Purgatory

Printable grocery list · Serves 1

PROTEIN

- [ ] 3 large eggs

PRODUCE

- [ ] 1 small onion
- [ ] 2 garlic cloves
- [ ] Green onions (optional)

CANNED & PANTRY

- [ ] 1 can (28 oz) whole peeled tomatoes
- [ ] Tabasco sauce (optional)
- [ ] Vegetable cooking spray

SPICES

- [ ] 1/2 tsp dried parsley
- [ ] 1/2 tsp dried basil
- [ ] Pinch of crushed red pepper flakes
- [ ] Salt and pepper