

## Vegetarian Spinach Stew

This unique stew is prepared with poached eggs instead of beef. It is a hearty vegetarian meal that you can make with few ingredients in less than 30 minutes.

### Ingredients

5 tablespoons olive oil  
4 cups boiling water  
1 large brown or white onion finely chopped (about 2 ½ cups)  
15 oz fresh spinach  
6 oz tomato paste  
1 teaspoon fresh lemon juice  
1 teaspoon salt + additional  
½ teaspoon black pepper  
8 large eggs

### Preparation

Heat oil in large pot on medium-high heat. Add onions and sprinkle with pinch of salt. Sauté onions until translucent. About 7-8 minutes. Add tomato paste and sauté 1 minute. Add boiling water, salt and pepper and mix well. Add spinach in batches and cook on medium heat until spinach is wilted and sauce has thickened. About 10-12 minutes. Add lemon juice and stir. Crack eggs in the pot separately one by one side by side and cook until eggs are poached. Do not stir or mix stew after you have added the eggs. Serve stew in individual bowls on top of white basmati rice.

Serves 4