Tomato, White Bean and Egg Breakfast Pan

1 skillet with 4 eggs; half the skillet and 1 toast slice per serving | Active 15 min | Cook 30 min | Total 45 min

Ingredients

- 1 tablespoon olive oil (15 ml)
- 1 small onion, finely diced (80 g)
- 2 garlic cloves, finely chopped (6 g)
- 1 teaspoon smoked paprika (2 g)
- 1 teaspoon dried oregano (1 g)
- 1 can crushed tomatoes (14 oz/400 g)
- 1 1/2 cups canned cannellini beans, drained and rinsed (240 g)
- 1/4 teaspoon fine salt (1.5 g)
- 1/4 teaspoon ground black pepper (0.5 g)
- 4 large eggs (200 g without shells)
- 2 thick slices whole-wheat bread (120 g total)

Set out

10-inch/25 cm skillet with a close-fitting lid, Wooden spoon, Toaster, Food thermometer

Allergens

Egg, Wheat. Check labels and substitutions.

Make it

1. Heat olive oil in the skillet over medium heat. Cook the onion for 6–7 minutes until softened. Stir in garlic, paprika and oregano for 30 seconds.

2. Add tomatoes, drained beans, salt and black pepper. Simmer uncovered for 10–12 minutes, stirring occasionally, until the sauce is thick enough to hold a shallow hollow.

3. Make four evenly spaced hollows with the back of a spoon. Crack an egg into a small cup, then slip it into a hollow; repeat with the remaining eggs. Cover and reduce the heat to low.

4. Cook for 7–10 minutes, checking toward the end, until whites and yolks are fully set and the eggs reach 160°F/71°C. Keep the sauce at a gentle simmer and add a minute or two if necessary. Toast the bread meanwhile.

5. Divide into two servings, each with two eggs, half the bean-tomato sauce and one thick toast slice.

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Estimated nutrition per serving

Calories: 580 kcal | Protein: 32.9 g | Carbohydrate: 72.1 g | Fat: 19.5 g | Fiber: 14.5 g. One of 2 servings. Batch yield: 1 skillet with 4 eggs; half the skillet and 1 toast slice per serving. Base ingredients and full measured oil included; optional variations excluded. Estimates vary with brands, cooking and actual portions.

A useful base for an unpredictable morning

The tomato and bean sauce can be cooked the evening before. Warm it to 165°F/74°C with a splash of water before making the hollows and adding fresh eggs. This moves the slower flavor-building step out of the morning while keeping the final breakfast freshly assembled.

A useful detail

Egg size, skillet depth and lid fit affect the finishing time. Use the temperature and fully set texture as the final checks, not the minute count alone.

Another way

Use 240 g drained chickpeas instead of cannellini beans for a firmer texture.

Add 80 g chopped spinach with the tomatoes and simmer until its released water has reduced before adding eggs. This changes the base nutrition estimate.

Keep it well

Best served freshly cooked. Refrigerate leftovers in shallow containers within 2 hours, or 1 hour above 90°F/32°C, and keep at 40°F/4°C or below for up to 3 days. Reheat to 165°F/74°C throughout; the eggs will become firmer. Alternatively, prepare only the bean-tomato base ahead and add fresh eggs when reheating it.