

# Slow Cooked Breakfast Eggs



## To serve

Serves: 4

Preparation time:  
15 mins

Cook time:  
5 - 6 hours



## You will need:

- 1 tablespoon olive oil
- 2 onions, finely sliced
- 1 red pepper, cored and finely sliced
- 1 teaspoon red pepper flakes (optional)
- 1 tin of chopped tomatoes
- 1 slice bread, cubed
- 4 eggs
- 2 tablespoon skimmed milk
- 4 tablespoon natural yogurt, to serve (optional)

## Method:

- Oil the inside of a small slow cooker and heat if necessary.
- Chop the onions and pepper.
- Tip into the slow cooker and add the cherry tomatoes and bread and stir everything. Season.
- Whisk the eggs with the milk and pour this over the top, making sure all the other ingredients are covered.
- Cook for 5-6 hours. Serve with the yogurt.

Please be aware that this recipe may contain allergens. Please double check the labels carefully.