

HEUVOS RANCHEROS RECIPE

(yield: 3-4)

This spicy Tex Mex breakfast is great for a Sunday morning or even a dinner. As always, use what you have. You can sneak some greens in here, too. The things you really need that are key are the beans, tortillas, salsa or canned tomatoes and eggs! If you are really in a rush, just heat the beans and add $\frac{1}{2}$ c. salsa and the bean mixture is done! Also, if you don't have the spices, you can substitute taco seasoning mix if you have that lying around. Start with half a pack then taste test. It can get salty. Don't add the additional salt if you use taco seasoning mix.



Ingredients:

- One (1) 14 oz. can of beans of choice (black, kidney, pinto)
- 1 tbsp. olive or canola oil
- $\frac{1}{2}$ onion diced
- 2 cloves garlic minced
- $\frac{1}{2}$ green or red pepper diced
- 1 or $\frac{1}{2}$ jalapeno, diced (optional)
- 1 tbsp. chili powder
- 1 tbsp. cumin
- $\frac{1}{2}$ tsp. salt
- $\frac{1}{4}$ tsp. pepper
- Salsa of choice or canned Mexican diced tomatoes or plain
- Whole wheat or white tortillas
- Cheese (4 ounces or so grated)



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- Huevos (eggs!)
- Cilantro or parsley (if you have it)

Directions:

- In a heated skillet, add onions and cook until translucent, add garlic, peppers (and any other veggies you want!) and cook on medium heat, stirring until soft.
- Rinse and drain beans and add to veggie mixture, along with spices (or ½ taco seasoning mix), 1c. salsa or diced tomatoes and cook, stirring occasionally until heated through. Add a little water if needed if it is too thick and sticking.
- In another non-stick pan, cook eggs as desired (over easy or sunny side up)
- Place flour tortilla on a plate (can heat tortillas if you wish in the microwave wrapped in damp paper towel or on skillet quickly on each side).
- Place one or two eggs in the center of the tortilla, then spoon bean mixture all round the edge. Top this with 1 ounce or so of grated cheese.
- Sprinkle with a little cilantro or parsley if you have it. Can also serve with hot sauce and extra salsa.
- Repeat the above 2 or 3 times depending on how many servings you are making. Be sure to divide the beans evenly between the plates!
- If you have an avocado, you can slice it thinly and place on top of the eggs (I saved mine for avocado toast for the next day).
- Enjoy!