



Huevos Rancheros



Recipe from *Eat Dat!*

Yield: 6 servings

Serving Size: 1 ranchero

Ingredients

- 1/2 Tbsp. olive oil
 - 1 clove garlic, minced
 - 1 medium jalapeno
 - 1 (15 oz.) can black beans, drained
 - 1/2 tsp. cumin
 - Pinch of salt
 - 6 small corn tortillas
 - 6 large eggs
 - 1 1/2 cup shredded cheese
- Pico de Gallo:
- 1 large tomato, diced
 - 1/2 medium onion, diced and divided
 - 1/4 cup cilantro, chopped
 - 1 small lime



Directions



1. Make the pico de gallo: Combine the tomato, 1/4 of the onion, and cilantro in a bowl. Squeeze the juice from half the lime over top. Stir to combine and season with salt. Set aside.
2. Finely dice the other 1/4 onion and the jalapeno. Add the onion, jalapeno and minced garlic to a small pot with 1/2 Tbsp. olive oil. Cook over medium heat until softened (2 minutes). Add the beans, season with cumin and salt and let simmer while you prepare the rest of the meal.
3. Heat a skillet over medium heat. Once the skillet is hot, add a corn tortilla and let it toast (about 2 minutes). Flip it over and toast on the other side. Remove the tortilla to a plate after it has toasted on both sides. Repeat with remaining tortillas. Add oil to already hot skillet and fry eggs.
4. Top the hot tortillas with 1/4 cup shredded cheese. Then add seasoned beans, a cooked egg and some pico de gallo.

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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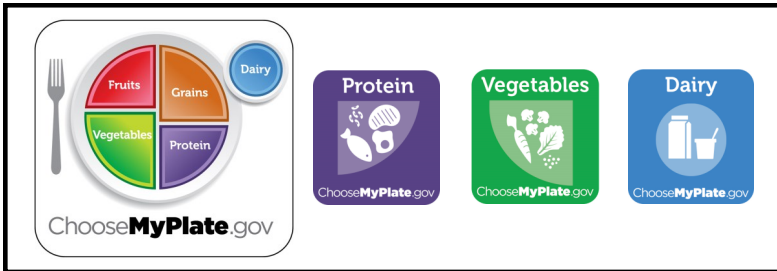
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Fast Facts



Featured Food Groups



Cooking Tips



- Top with avocado if desired.
- This is a great dish for either breakfast or dinner!

Nutrition Facts



Nutrition Facts	
6 servings per container	
Serving size	1 ranchero (216g)
Amount Per Serving	380
Calories	380
	% Daily Value*
Total Fat 22g	28%
Saturated Fat 10g	50%
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 3g	
Monounsaturated Fat 7g	
Cholesterol 215mg	72%
Sodium 560mg	24%
Total Carbohydrate 26g	9%
Dietary Fiber 7g	25%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 21g	42%
Vitamin D 1.6mcg	8%
Calcium 429mg	35%
Iron 3.06mg	15%
Potassium 470mg	10%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

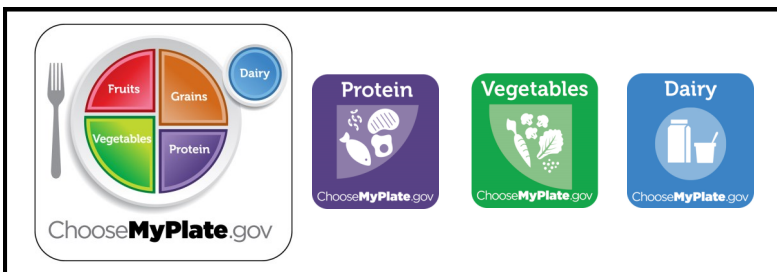
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