

Common Sense COOKING

Breakfast Burrito/ Huevos Rancheros

4 Tablespoons Extra Virgin Olive Oil
½ Cup chopped onion
1 –15.5 oz can of black beans, drained and rinsed
4 large eggs
1 Cup salsa
1 Cup shredded cheese
4 –6 inch flour tortillas

Use 1 skillet to prepare the mixture and the other to heat the tortilla. To heat the tortillas, lightly oil the skillet and heat on medium. Add the tortillas, 1 at a time and heat on 2 sides. You may need to add a little more oil as you heat all the tortillas. Keep warm while the mixture cooks. When the tortillas are heated, the pan is used to cook the eggs.

1. Heat the olive oil on medium. Add the onion, stir to combine. Heat 4-5 minutes or until translucent.
2. Add the drained black beans, stir to combine and heat 1-2 minutes.
3. Add the salsa and heat while the eggs cook.
4. Break the eggs into a bowl, taking care not to crack the yolks. Add a little more oil to the pan used to heat the tortillas. Gently slide the eggs into the pan and cook until the white is opaque. Carefully turn the eggs when the white is opaque. Sprinkle the eggs with the cheese, cover and heat until the cheese melts.
5. Place 1 heated tortilla on a plate. Top with the bean mixture and then the egg with the cheese side up.

Calories per ¼ of recipe: 510