

## HUEVOS RANCHEROS

**Prep Time:** 5 minutes

**Cook Time:** 20 minutes

**Included in Box:**

- ½ c. canned low sodium diced tomatoes
- ¼ c. canned beans (kidney or black, no salt), drained and rinsed

**Additional Ingredients Needed:**

- 2 eggs
- 2, 6" soft corn tortillas
- ½ small onion (~¼ c.), finely diced
- 1 tsp garlic powder
- ¼ tsp ground cumin

**Directions:**

1. Add onion to medium pan over medium-high heat; cook until translucent (3-4 minutes).
2. Add diced tomatoes, beans, seasonings and ¼ c. water to pan; mix and simmer (10 minutes). Add more water if too dry or thick.
3. Create two wells in mixture on each side of pan, making sure they don't touch. Break eggs into pan wells without cracking the yolk. Continue to cook eggs for 4-5 minutes, or until desired consistency.
4. While eggs are cooking, heat tortillas in microwave or oven until warm. Carefully remove egg and tomato mixture from pan; split in half on top of flat tortillas.



**Nutrition Facts\***

**Total Servings:** 1  
**Serving Size:** 2 eggs and tortillas  
**Calories:** 328 kcal  
**Fat:** 9.5 g  
**Sodium:** 239 mg  
**Carbohydrates:** 39 g  
**Fiber:** 9.5 g  
**Protein:** 19.5 g  
**Carbohydrate Servings:** 2 ½

*\*Nutrient facts include canned no salt added diced tomatoes, canned 50% less sodium black beans, 6" yellow corn soft tortillas, 2 large brown eggs, ¼ small white onion, and seasonings.*