

## Breakfast Burrito/ Huevos Rancheros

4 servings

4 Tablespoons	extra virgin olive oil *
1 small	onion (red or white), chopped (about 1 cup)
1 – 15.5 oz	canned black beans, drained and rinsed *
4 large	eggs
1 cup	canned tomatoes * (or salsa)
	Optional:
1 cup (about 4 slices)	chopped/ shredded cheese
4 – 6"	flour tortilla (preferable whole wheat) or 8 slices of whole wheat toast

If you are using tortillas: 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 the heated tortillas warm in the oven (about 250F) while the mixture cooks. When the tortillas are heated, the pan is used to cook the eggs.

In another skillet:

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 canned tomatoes or salsa and heat.
4. start to cook the eggs in the pan used to heat the tortillas. 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. If you are using toast, you can put the cooked egg and vegetable or the toast or on the side.

Approximate cost for the recipe: \$3.52 or 0.88 per serving

\* Raising the Bar on Nutrition food