



EAT MORE BURN MORE

HUEVOS RANCHEROS



Active time: 15 minutes

Cook time: 20 minutes

Yield: 4 servings

INGREDIENTS:

1 small can whole peeled tomatoes	Vegetable oil or coconut oil
¼ cup fresh cilantro leaves, plus more for garnish	4 6-inch corn tortillas, plus more for serving, optional
½ onion, diced	1 small can refried beans
1 garlic clove, peeled and smashed	8 egg whites
1 jalapeño pepper (seeded if desired)	1 avocado, pitted, peeled, and diced, for garnish
	⅓ cup crumbled queso fresco, for serving

PREPARATION:

1. In a food processor, combine the tomatoes, cilantro, onions, garlic, jalapeño, and salt. Puree until smooth.
2. Transfer the sauce to a small skillet and simmer over medium heat until slightly thickened, about 10 minutes. Cover and keep warm over low heat.
3. Wrap tortillas with a clean, lightly moist cloth. Microwave on high approximately 1 minute, or until hot and pliable. Transfer each one to an individual plate.
4. Heat the refried beans in a small saucepan. Spread the beans on the tortillas.
5. Add 1 tbsp of oil to a skillet. Working in batches of 2, crack the eggs into the skillet. Cook until the bottoms are set and the edges golden, 1-2 minutes. Turn the heat to medium-low, cover and cook until set, about 1 minute more.
6. Place 1 egg on each tortilla and spoon the warm sauce over the eggs. Sprinkle with the avocado, cheese, and additional cilantro.

15-Minute Timesaver: You can make a quick version of the sauce with your favorite salsa. Just blend it and heat it up. Then start the recipe at step 3.