

Huevos Rancheros

Ingredients:

24 soft corn tortillas
3 cups (750 mL) chunky salsa
1 - 540 mL can black beans, drained and rinsed
3 cups (320 g) Tex-Mex style shredded cheese blend
6 large eggs
¼ cup (50 mL) chopped cilantro
2 green onions, sliced
2 avocados, cubed

Instructions:

Preheat the oven to 400°F (205°C). Grease a 9x13 inch (22x33 cm) baking dish.

Layer 8 tortillas on the bottom of the baking dish and spread one cup of salsa on top.

Sprinkle half the black beans evenly overtop the salsa layer and 1/3 of the cheese.

Repeat a second layer using 8 tortillas, 1 cup of salsa, remaining beans and 1/3 of the cheese.

Repeat a third layer using 8 tortillas, 1 cup of salsa and remaining cheese.

Using the back of a wooden spoon, create 6 shallow wells and crack one egg into each well.

Bake for 25 – 30 minutes or until eggs are cooked through. Allow to cool for 5 minutes. Top with cilantro, green onions, and avocado and serve.

Makes 6 servings.



Grocery List

1 dozen eggs (we need 10 for both recipes)

1 Liter milk

1-bag tex mex blended cheese (320g)

Sugar (1 cup)

Vanilla extract

1 loaf of bread (your choice, white, whole wheat or a gluten-free loaf)

24 small or medium soft taco shells (corn or flour tortillas)

1-540 mL can black beans

Chocolate chips (3/4 cup)

Canola oil (1 ½ tsp)

1 bunch cilantro (garnish)

1 bunch green onion (garnish)

2 avocados (garnish)

2 bananas