

## Huevos Rancheros or Ranchers' Eggs

Preparation time **5 minutes**

Cooking time **30 minutes**

Servings **4**

Cost per serving **\$1.31**

Storage  
The sauce will keep in the fridge for 3 days or can be frozen. The final dish (with eggs) is best eaten right after the eggs have been cooked.

Kitchen tools  
Measuring cups and spoons, cutting board, sharp knife, large pot, can opener, colander, frying pan, wooden spoon, small bowl



## Ingredients



30 ml (2 tbsp) **butter** or non-hydrogenated margarine (divided: 10 ml [2 tsp] + 20 ml [4 tsp])



1 large or 2 small **yellow onions**, peeled and chopped



1 **garlic** clove, peeled and minced



$\frac{1}{2}$  **green bell pepper**, diced



10 ml (2 tsp) **chili powder**



**Salt, pepper** and Tabasco-style **hot sauce**, to taste



60 ml ( $\frac{1}{4}$  cup) **tomato paste**



1 can (796 ml) **diced tomatoes**



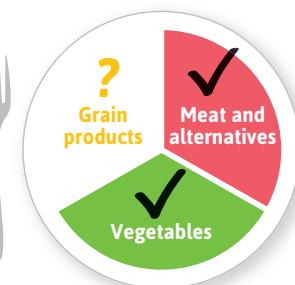
1 can (540 ml) **red kidney beans**, drained and rinsed



**4 eggs**

THIS NUMBER MAY VARY, DEPENDING ON THE NUMBER OF SERVINGS REQUIRED

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## Balanced plate

Serve with:

- ?
- A grain product (sliced toast, for example)
- ?
- A fruit
- ?
- A glass of milk or fortified soy beverage

## Directions

**1** Heat **10 ml (2 tsp)** of **butter** in a large pot over medium-high heat. Add the **onions** and cook for 4 minutes.

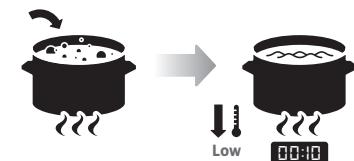


**2** Add the **garlic, bell pepper, chili powder, salt, pepper** and **hot sauce**. Mix and cook for 1 more minute.



**3** Add the **tomato paste** and **diced tomatoes**. Bring to a boil, reduce heat to low and simmer for 10 minutes.

**Tip:** Use the cooking time to prepare your side dishes.



**4** Add the **red kidney beans** and simmer over low heat while you cook the eggs (step 5).



**5** Heat the **butter (5 ml [1 tsp] per egg)** in a frying pan over medium heat. Cook **1 or 2 eggs** at a time, depending on the size of your frying pan. Cook the eggs for 4 minutes, until they're done. Do not touch the eggs while they cook.

**Tip:** Carefully crack open the eggs, one at a time, into a small bowl before transferring to the frying pan. This way you can remove any bits of shell that may break off.



Spoon some tomato and bean mixture onto a plate and top with a cooked egg. Repeat with remaining eggs for each serving.

**6** **Tip:** If you want to serve all the eggs at the same time, transfer cooked eggs to a plate and keep warm in the oven (95°C [200°F]) while you cook the remaining eggs.

**Variation:** Sprinkle a little dried parsley and a pinch of chilli powder over each dish before serving.



My rating: ★ ★ ★

This original recipe was developed by Extenso - The Université de Montréal reference centre on human nutrition