

## 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



½ **green bell pepper**, diced



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

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



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



60 ml (¼ cup) **tomato paste**



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

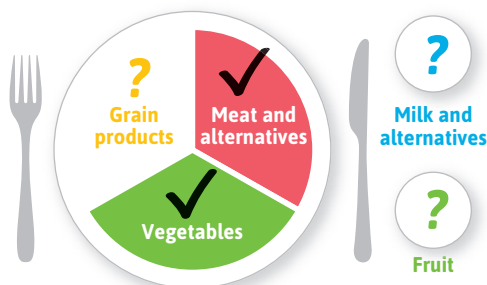


1 can (540 ml) **red kidney beans**, drained and rinsed



**4 eggs**

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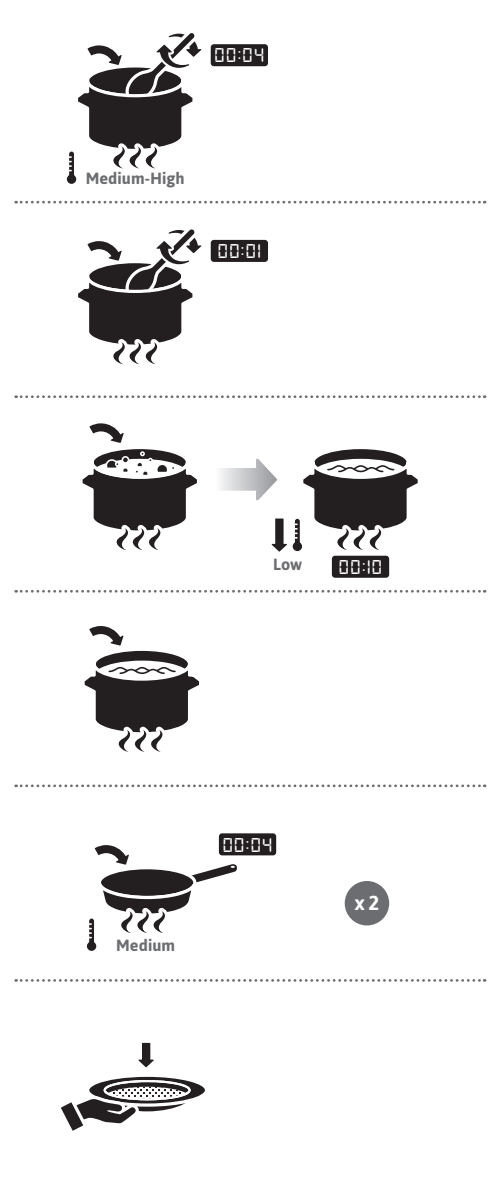
### Balanced plate

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

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