

Huevos Rancheros



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Ingredients

2 eggs
1 15-ounce can diced tomatoes
1/2 medium onion chopped
1 clove garlic (optional)
2 corn tortillas

1 Tablespoon olive oil
1/4 cup shredded cheese (optional)
Cilantro, chopped (optional)
Salt and pepper to taste

Instructions

Make the salsa; in a small saucepan, heat 1/2 tablespoon olive oil over medium heat. Add the chopped onion and garlic. Sauté for 3-4 minutes or until softened. Add the diced tomatoes from the can. Using a potato masher or fork, mash some of the tomatoes to a chunky salsa consistency. Reduce heat, simmer salsa for a few minutes until slightly thickened. Salt and pepper to taste. Warm the tortillas by adding 1/2 tablespoon olive oil in a large skillet over medium heat. Add a tortilla, cook roughly 30 seconds per side until warmed and softened, repeating for each tortilla. Wrap tortillas in a clean towel to keep warm. In the same skillet used for the tortillas, crack each egg directly into the pan and cook to preference. Place a warmed tortilla on each plate, top with a scoop of salsa and carefully place cooked egg on top of the salsa. Sprinkle with shredded cheese and chopped cilantro if desired.

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for additional recipes and healthy eating tips.

