

Huevos Rancheros

Inspired by bbcgoodfood.com "Heovos Rancheros"

Ingredients:

- 2 tbsp olive (or other) oil
- 1 small onion, diced
- 2 garlic cloves, minced
- 1 can black, kidney, or other beans, drained and rinsed
- 1 tsp ground cumin
- ¼ tsp chilli powder
- ½ tsp dried oregano
- Juice of ½ a lime
- 4 eggs
- 4 small flour or corn tortillas, warmed
- 1 large tomato, diced
- 1/8 cup cheddar or other cheese, shredded
- *Optional:* 1 avocado, peeled, de-stoned and diced
- *Optional:* garnish with fresh coriander, chopped

Method:

1. Heat 1 tbsp oil in a large pan. Add onions with pinch of salt, and cook until translucent (3-4 minutes). Add garlic and cook for a minute more.
2. Stir in beans, cumin, chili powder, oregano, lime juice, and ¼ cup water. Cook for 5-7 minutes or until beans have softened, stirring occasionally. Remove from heat, mash with fork, and set aside.
3. Heat remaining oil in large frying pan over medium-high heat. Crack in eggs, reduce heat to low and cook slowly until whites are completely firm.
4. Spread beans on tortillas, add tomatoes and sprinkle with cheese. Top with optional avocado and a fried egg. Enjoy!

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