Huevos Rancheros

Ingredients
- 1 tbsp olive oil
- ½ sweet onion (peeled and diced)
- 1 clove of garlic (peeled and minced)
- 1 red pepper (diced)
- 3-5 button mushrooms (chopped)
- 1 can (414 mL) of diced tomatoes
- 5 large eggs
- 5 medium whole wheat tortillas
- 1 can (540 mL) refried pinto beans
- 5 thin slices of chorizo sausage (optional)*
- ½ cup cheese, to serve (optional)*
- ½ avocado, to serve (optional)*
- Salt and pepper to taste

* Nutrition facts include all optional ingredients

Making it
1. Mince garlic and chop onion, pepper, mushrooms and chorizo (if using) into equally sized pieces.
2. In a large frying pan with a lid, heat olive oil on high.
3. Add the onion, garlic, pepper, mushrooms, chorizo and a pinch of salt and pepper. Stir and cook until onions start to turn translucent.
4. Drain canned tomatoes, reserving half a cup of tomato juice in case the vegetable mixture gets too thick.
5. Pour the drained canned tomatoes into the frying pan. Bring to a boil, then turn down to medium heat and cook for 5 additional minutes. Add salt and pepper to taste. While that is cooking, prepare the refried beans according to the can instruction.
6. When the vegetables have thickened, use a spoon to make four small wells in the tomato stew. Crack one egg into each well so they can poach. Put lid on the frying pan and cook for about 5 minutes.
7. While the eggs are cooking, prepare the tortillas. Heat in the oven at 300°F for 2-4 minutes, until crisp but not browned.
8. After putting the tortillas in the oven, check on the eggs. The longer the eggs are cooked, the harder they become. It is up to you how runny you like your eggs, so watch them closely! Poke them to check doneness.
9. Grate cheese, chop avocado and slice chorizo, if desired, to serve.

NUTRITION FACTS
Servings: 5
PER SERVING
Calories (kcal): 413
Fat (g): 20
Carbohydrate (g): 41
Fibre (g): 11
Protein (g): 20

TIPS & HINTS
To add spice, serve with pickled banana peppers or hot sauce. Also try squeezing lime juice to add brightness to the dish. To reduce fats, leave out optional items and olive oil. Cook vegetables in canned tomatoes.