

HUEVOS RANCHEROS OMELETTE

This omelette style of huevos rancheros is packed full of protein and fibre for a healthy breakfast or meal any time of day!

Prep Time: 20 minutes **Cook Time:** 30 minutes

Total Time: 50 minutes

Servings: 4

INGREDIENTS

Chili

- 1 lb (500 g) lean ground beef
- 1 small onion, diced
- 3 tbsp chili powder
- 1/2 tsp EACH salt and pepper
- 1 can (28 oz/796 mL) diced tomatoes, drained
- 1 cup frozen corn

Refried Beans

- 1 can (19 oz/540 mL) white kidney beans
- 1/4 tsp EACH salt and pepper

Omelette

- 8 large eggs
- 1 tbsp water
- 1/4 tsp EACH salt and pepper
- 1 tbsp butter, divided
- 4 whole wheat or corn tortillas

Garnishes (optional):

Sour cream, feta cheese, avocado, cilantro, sriracha and green onions

COOKING DIRECTIONS

Chili: In a large pot, cook beef on medium-high heat for 8 minutes, breaking apart with the back of a wooden spoon. Stir in onion, chili powder, salt and pepper and cook for 2 minutes. Stir in diced tomatoes and corn. Bring to a simmer and cook, stirring for 10 minutes.

Refried Beans: Drain beans and reserve 2 tbsp of the liquid. Heat beans, reserved liquid, salt and pepper in a small microwaveable bowl. Microwave on high for 2 minutes. Place bean mixture in a food processor or blender and pulse until beans make a smooth mixture.

Omelette: In a medium-sized bowl, whisk together eggs, water, salt and pepper. Heat half of the butter in a 10-inch nonstick skillet set over medium heat. Pour in one quarter of the egg mixture, swirling to coat bottom of pan. Cook for 2 minutes or until eggs have set. Flip over and cook for 30 seconds or until eggs are fully set. Repeat with remaining egg mixture three more times to make a total of 4 omelettes. (Add more of the butter as necessary)

Spread each tortilla with refried beans. Top each with an omelette, a spoonful of chili and garnishes of your choice.



SHOPPING LIST

- 1 lb (500 g) lean ground beef
- 1 small onion
- Chili powder
- Salt and pepper
- 1 can (28 oz/796 mL) diced tomatoes
- Frozen corn
- 1 can (19 oz/540 mL) white kidney beans
- 8 large eggs
- Butter
- 4 whole wheat or corn tortillas
- Optional garnishes: Sour cream, feta cheese, avocado, cilantro, sriracha and green onions

Make this recipe a family 'cook-along' event for dinner or lunch. Get your gang to follow the full step-by-step cooking demo. LOADED with TONS of TIPS and secrets to help you cook better!



PARENTS
Canada