

Huevos Rancheros with Red Salsa

This delicious traditional dish has been enjoyed for generations. It is still my father's favorite breakfast dish. In Mexico City, huevos rancheros is a very popular breakfast, where they are accompanied by refried beans, slices of poblano pepper, and crumbled fresh cheese. And in southern Mexico, it is common to eat them along with sliced fried bananas.

MAKES 4 SERVINGS (2 TORTILLAS WITH 2 EGGS EACH)
PREPARATION TIME: 20 MINUTES

Ingredients

8 small (4½-inch) corn tortillas
2 teaspoons vegetable oil
8 large eggs
½ cup canned refried beans
2 cups red tomato salsa
½ cup crumbled cotija cheese (or feta)

Toppings (optional)
Chopped fresh cilantro
Chopped avocado
Chopped jalapeño

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About the Recipe Author

Recipe by Karina Knight, MBA, MS, RD, Mexican-American dietitian based in Sacramento, California, and founder of California Nutrition Group.



Instructions

1. Heat a large skillet to medium heat, add tortillas in a single layer and cook until warm and slightly toasted on each side (about 2 minutes). Remove and cover to keep warm.
2. Heat oil in the large skillet. Crack each egg into the skillet carefully, without breaking yolks. Fry eggs until the whites are set and the yolks are cooked.
3. Heat refried beans and salsa on the stovetop or microwave and cover to keep warm.
4. To serve, spread 1 tablespoon of beans on each tortilla, top with one cooked egg, ½ cup of tomato salsa, and 1 tablespoon cotija cheese (or feta). May sprinkle with additional optional toppings if desired, such as chopped fresh cilantro, avocado, or jalapeño.

Nutritional Analysis (2 tortillas + 2 eggs serving): 368 calories, 35 g carbohydrate, 5 g fiber, 7 g total sugar, 0 g added sugar, 15 g total fat, 4 g saturated fat, 382 mg cholesterol, 18 g protein, 633 g sodium

