



Huevos Rancheros

509 Calories

Ingredient List

Huevos Rancheros

- 8 corn tortillas
- 8 eggs
- 8 egg whites
- 8 oz Canadian bacon or ham, chopped
- 16 oz can fat-free refried beans
- 14 oz store-bought pico del gallo
- 2 oz light shredded Mexican cheese
- 1/2 tsp garlic powder
- 1/2 tsp chili powder
- 1/4 tsp cumin
- 2 tbsp non-fat Greek yogurt
- Chopped cilantro (to serve)

Ranchero Sauce

- 14 oz store-bought pico de gallo
- 1 whole chipotle pepper in adobo sauce (from 7 oz can)
- 2 tbsp of the adobo sauce (from 7 oz can)
- 1 cup chicken bone broth
- 1 tsp garlic powder
- 1 tsp cumin powder
- Salt and pepper to taste

Cooking Instructions

1. **If making the ranchero sauce:** Blend all ingredients under the ranchero sauce list until smooth. Simmer for 15-20 mins in a pot until thickened.
2. Lightly spray cooking oil in a pan and preheat to medium. Fry the tortillas for 1-2 mins per side, adding light Mexican cheese on top halfway through cooking.
3. Remove tortillas, add the bacon/ham to the pan, and fry for 2-3 mins until slightly browned. Remove and set aside.
4. Spray pan again, add the eggs and egg whites, season with salt and pepper, and cook to desired doneness.
5. Remove eggs, add refried beans and 2 tbsp water to the pan. Season with 1/2 tsp each garlic and chili powder, and 1/4 tsp cumin. Simmer until heated through.
6. Spread 1 1/2 tbsp of the refried beans on each tortilla, top with the eggs, Canadian bacon, and pico de gallo. Garnish with Greek yogurt, cilantro, and ranchero sauce if you made it. Enjoy!

MACROS

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● Fat	18g
● Carbs	37g
● Protein	49g