



Preparation: 20 mins
Cooking: 30 mins
Ready in: 50 mins
Serves: 4

Huevos Rancheros Omelette

Ingredients

Chili

- 1 lb (500 g) Extra Lean Ground Beef
- 1 small onion, diced
- 3 Tbsp (45 mL) chili powder
- 1/2 tsp (2 mL) EACH salt and pepper
- 1 can (28 oz/796 mL) diced tomatoes, drained
- 1 cup (250 mL) frozen corn

Refried Beans

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

Omelette

- 8 eggs
- 1 Tbsp (15 mL) water
- 1/4 tsp (1 mL) EACH salt and pepper
- 1 Tbsp (15 mL) butter, divided

Enjoy with: corn tortillas, salsa, sour cream, feta cheese, avocado and cilantro, sriracha and green onions.

Directions

- 1. Chili:** In a large stock pot cook beef on medium-high heat for 8 minutes, breaking the beef apart with the back of a wooden spoon as you cook. Stir in onion, chili powder, salt and pepper, and cook for 2 minutes longer. Stir in canned tomatoes and corn. Bring to a simmer and cook stirring for 10 minutes.
- 2. Refried Beans:** Drain beans and reserve 2 Tbsp (30 mL) of the liquid. Heat beans, reserved liquid, salt and pepper in a small microwaveable bowl. Microwave on high for 2 minutes. Place beans in a food processor or blender and pulse for 30 seconds or until the beans are smooth.
- 3. 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 third 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 4 omelettes.
- 4. Huevos Rancheros:** Serve each omelette on a tortilla. Top omelette with refried beans and smother with chili. Sprinkle with toppings of your choice.



Shopping List

Pantry Staples

- chili powder
- 1 can (28 oz/540 mL) diced tomatoes
- 1 can (19 oz/540 mL) white kidney beans
- salt & pepper

Meat

- 1 lb Extra Lean Ground Beef

Refrigerator & Freezer

- 1 cup frozen corn
- butter
- 8 eggs

Produce

- 1 onion

Bakery

- corn tortillas

Notes:

Decide what optional toppings you want before going shopping!

Remember to check your pantry and refrigerator before you go shopping!