



THE ingles TABLE

with Lindsay Moore
Huevos Rancheros JALO Style

Shopping List

- 1 tablespoon olive oil
- 2 fresh garlic cloves, minced
- 1 yellow onion, diced
- 1 green pepper, diced
- 1/2 fresh jalapeno, seeded, ribbed, diced
- 1 14.5oz can chopped tomato
- 1 14.5oz can low sodium black beans, rinsed and drained
- 2 tablespoons Tomato Paste
- 1/4 cup cilantro, chopped (save a pinch for garnish)
- 1 teaspoon ground cumin
- 1 teaspoon paprika
- 1/2 teaspoon sugar
- salt and pepper (to taste)
- 4 eggs
- 2 fresh limes, quartered
- 2 avocados
- 1/4 cup cotija cheese

Cooking Instructions

- 1)** Slowly warm the olive oil in a deep saute pan over medium heat, add garlic and toast until fragrant.
- 2)** Add the onion, green pepper, and jalapeno, and sauté until slightly translucent.
- 3)** Stir in chopped tomatoes, beans, tomato paste, and cilantro. Then add spices, sugar, and salt and pepper to taste. Stir again, then simmer over medium heat for about 10 minutes. Taste and adjust seasonings as necessary.
- 4)** Using a spatula, make 4 evenly spaced wells in the tomato mixture and carefully crack the eggs individually into each one.
- 5)** Sprinkle the top with the cotija cheese {if using} and cover until the whites are white instead of clear.
- 6)** Spoon the eggs onto plates with some of the veggies and top with sliced avocado and cilantro.
- 7)** Serve with lime wedge and warm tortillas if you like.



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