**Food 9-10 (B)**

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(Mexican Egg Breakfast – serves 2-3 people)

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| **SERVES 2**  15 mL  2  2  15 mL  60 mL  60 mL  125 mL  7-8 mL  60 mL | vegetable oil  corn tortillas (15cm/6”)  eggs  vegetable oil  chopped onion  chopped green pepper  tomato sauce  taco seasoning (to taste)  shredded cheddar cheese | **SERVES 3**  20 mL  3  3  20 mL  90 mL  90 mL  175 mL  10 mL  90 mL |

**\*\*NOTE: If taco seasoning is not available, you can use any combination of chilli powder,**

**C:\Documents and Settings\mv12438\Local Settings\Temporary Internet Files\Content.IE5\R4M7XNJ3\MC900038648[1].wmfgarlic powder, ground cumin and cayenne to suit your taste. You could also add canned or fresh chopped chillies to your cooked vegetables.**

1. Preheat oven to **350ºF** (170°C).
2. Heat first oil portion (15 or 20 mL) in a frying pan over medium heat. Using tongs, place one tortilla at a time in hot oil, cooking until crisp (1-2 minutes). Remove from oil and keep warm on a baking pan in the oven.
3. Break egg(s) into skillet (frying pan) and cook until set. You may cook one egg at a time if you like, to keep a round shape, or cook 2-3 at a time if your pan is big enough. You may choose to have a soft centre in your egg or cook it longer to have a hard-cooked yolk. If your pan has a tight-fitting lid, you can also “baste” or steam the egg to cook the white thoroughly while still leaving the yolk soft. Place cooked eggs on top of tortillas and keep warm.
4. Heat second portion of oil (15 or 20 mL) in the same frying pan. Cook and stir onion and green pepper in oil over medium heat until tender but not too brown.
5. Stir seasoning in to tomato sauce to make your own taco sauce.
6. Stir taco sauce in to cooked vegetables and cook until heated through.
7. Place tortillas with eggs on individual serving plates and spoon sauce over them.
8. Sprinkle grated cheese on top and serve warm.

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