



## Huevos Rancheros Omelette

### HUEVOS RANCHEROS OMELETTE

#### Ingredients

##### Chili

- 1 lb (500 g) **Extra Lean Ground Beef**
- 1 small onion, diced
- 3 tbsp chili powder
- ½ tsp EACH salt and pepper
- 1 can (28 oz/796 mL) diced tomatoes, drained
- 1 cup frozen corn

##### Refried Beans

- 1 can (19 oz/540 mL) white kidney beans
- ¼ tsp EACH salt and pepper

##### Omelette

- 8 eggs
- 1 tbsp water
- ¼ tsp EACH salt and pepper
- 1 tbsp butter, divided

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

#### Cooking Directions

- **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.
- **Refried Beans:** Drain beans and reserve 2 tbsp 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.
- **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.
- **Huevos Rancheros:** Top omelette with refried beans and smother with chili. Sprinkle with toppings of your choice.

### Shopping List

- 1 lb (500 g) Extra Lean Ground Beef
- 1 small cooking onion
- chili powder
- 1 can (28 oz/540 mL) diced tomatoes
- frozen corn
- 1 (19 oz/540 mL) can kidney beans
- 8 eggs
- butter
- Topping ideas: salsa, feta, avocado, green onion, cilantro

All online lessons are led by nutrition and food skills educator, Andrea Villneff BASc, PHEc, Chef.

Cook along with us:, just click!

