



Huevos Rancheros



Ingredients:

4 corn tortillas
Oil for frying, canola or vegetable
2 tablespoons of oil
1 large green bell pepper, diced
1 medium onion, diced
3 large cloves of garlic, sliced
2 tomatoes, diced
½ cup of water
1 teaspoon Tapatio Hot Sauce
4 eggs
Salt

Directions:

Heat the oil. Fry the tortillas one by one in the hot oil. Using tongs, remove each tortilla from the pan and let the oil drip. Salt each fried tortilla. In a separate frying pan, warm the 2 tablespoons of oil and add the onion and bell pepper. Saute for 5 minutes until the vegetables are soft. Add the garlic and after 5 minutes, add the tomatoes, the water and the Tapatio Hot Sauce. Season with a good pinch of salt. With a potato masher, smash the cooked vegetables to make a sauce. In another sauce pan, fry the eggs one at a time. Season the eggs with salt.

To assemble: Place a fried egg over the crisp tortilla and top with the sauce. The sauce can be made in advance and can be heated before serving.

Optional: You may spread some refried beans (for extra protein and fiber) on the tostada before adding the egg and the sauce.

Servings: Makes 4 servings.

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