



Huevos Rancheros

 Gluten Free

READY IN



110 min.

SERVINGS



4

CALORIES



1503 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 anaheim chile dried stemmed seeded
- ☐ 1 ancho chile dried stemmed seeded
- ☐ 31 ounce kidney beans red canned
- ☐ 4 links mexican chorizo smoked
- ☐ 4 servings fried chorizo (reserved from Refried Beans recipe)
- ☐ 4 servings cilantro sprigs fresh
- ☐ 2 sprigs cilantro leaves
- ☐ 1 tablespoon coriander seeds

- ☐ 4 medium corn tortillas
- ☐ 1 tablespoon cumin seeds
- ☐ 2 chipotle sauce dried stemmed seeded
- ☐ 4 large eggs
- ☐ 2 cloves garlic peeled chopped
- ☐ 3 garlic cloves
- ☐ 1 juice of lime juiced
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 4 lime wedges
- ☐ 1 cups chicken stock see low-sodium
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 1 medium onion spanish sliced
- ☐ 1 tablespoon oregano dried
- ☐ 4 servings vegetable oil; peanut oil preferred for deep-frying
- ☐ 8 plum tomatoes quartered
- ☐ 1 cup queso fresco crumbled
- ☐ 1 tablespoon sugar
- ☐ 1 cup water hot
- ☐ 0.3 onion diced white finely

Equipment

- ☐ food processor
- ☐ frying pan
- ☐ paper towels
- ☐ pot
- ☐ blender
- ☐ roasting pan
- ☐ potato masher

- ☐ broiler
- ☐ slotted spoon
- ☐ tongs

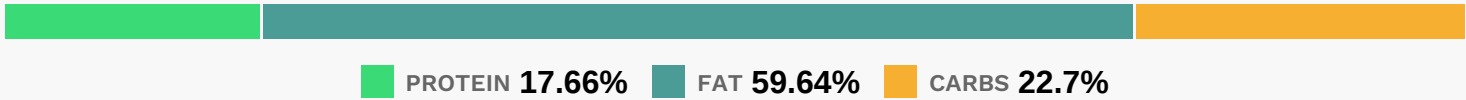
Directions

- ☐ Heat about 3 inches of peanut oil, in a heavy-bottomed pot to 375 degrees F. Preheat the broiler. Fry the tortillas for 30 to 40 seconds until crisp.
- ☐ Remove with a slotted spoon to paper towels to drain. Dip the tortillas into the Salsa Roja while still hot, using tongs, and then transfer to serving plates. Top each tortilla with a good spoonful of refried beans and then arrange a sunny side up fried egg on top of the beans.
- ☐ Garnish with crumbled queso fresco, Salsa Roja, cilantro, fried chorizo and lime wedges.
- ☐ Tear all the chiles into large pieces and toast them in a large dry skillet over medium heat until they change color a bit, about 2 minutes.
- ☐ Add the spices and continue to toast for 2 to 3 minutes until everything is fragrant.
- ☐ Remove from heat and carefully add about 1 cup of hot water to just cover the chiles. Turn the heat to low and simmer for about 15 minutes.
- ☐ Preheat the broiler.
- ☐ Put the quartered tomatoes, sliced onion, and whole garlic cloves onto a roasting tray, spreading out evenly.
- ☐ Drizzle with plenty of olive oil and season well with salt and pepper and sprinkle with cilantro sprigs. Broil until everything is nicely charred, about 10 minutes (you want lots of deep rich color so don't be afraid if some of the edges get pretty black).
- ☐ Add the chile mixture to a blender and puree.
- ☐ Remove the tomato/onion mixture from the roasting pan and carefully add it to the blender, (it will be hot). Blend until smooth (you may need to work in 2 batches). Once everything is pureed, pour the mixture back into the pot over low heat adding a little water if the salsa is too thick. Stir in the sugar and lime juice and season with salt and pepper, to taste. Set aside until ready to use.
- ☐ Finely chop the chorizo into small dice. In a heavy-bottomed pot add olive oil and chorizo.
- ☐ Put the pot over low heat and slowly bring the heat up to medium. Fry the chorizo for a few minutes to infuse the olive oil. Using a slotted spoon remove about 1/4 cup of chorizo, for garnish, and set aside. To the remaining chorizo in the pot add the onion and garlic and fry

until both are cooked, about 2 minutes.

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- Add the beans with their liquid and stock and simmer to allow the flavors to come together about 10 minutes. Season with salt and pepper, to taste. Use a potato masher to mash the beans into a coarse puree. Alternatively, you could let the beans cool for about 5 minutes and carefully puree in a food processor until smooth. Set aside until ready to use.

Nutrition Facts



Properties

Glycemic Index:132.4, Glycemic Load:23.81, Inflammation Score:-10, Nutrition Score:40.556087079255%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 8.41mg, Hesperetin: 8.41mg, Hesperetin: 8.41mg, Hesperetin: 8.41mg Naringenin: 1.48mg, Naringenin: 1.48mg, Naringenin: 1.48mg, Naringenin: 1.48mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.72mg, Isorhamnetin: 1.72mg, Isorhamnetin: 1.72mg, Isorhamnetin: 1.72mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 8.51mg, Quercetin: 8.51mg, Quercetin: 8.51mg, Quercetin: 8.51mg

Nutrients (% of daily need)

Calories: 1502.77kcal (75.14%), Fat: 99.49g (153.05%), Saturated Fat: 29.48g (184.23%), Carbohydrates: 85.21g (28.4%), Net Carbohydrates: 59.17g (21.52%), Sugar: 21.92g (24.36%), Cholesterol: 330.8mg (110.26%), Sodium: 1628.77mg (70.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 66.28g (132.55%), Fiber: 26.04g (104.17%), Vitamin A: 4805.92IU (96.12%), Iron: 11.93mg (66.26%), Phosphorus: 627.51mg (62.75%), Manganese: 1.22mg (60.98%), Vitamin K: 55.4µg (52.76%), Vitamin E: 7.73mg (51.52%), Vitamin C: 35.11mg (42.56%), Calcium: 409.83mg (40.98%), Potassium: 1394.9mg (39.85%), Selenium: 26.83µg (38.32%), Vitamin B2: 0.63mg (36.94%), Magnesium: 140.01mg (35%), Vitamin B6: 0.64mg (31.84%), Copper: 0.62mg (30.87%), Folate: 119.84µg (29.96%), Vitamin B1: 0.39mg (25.95%), Zinc: 3.8mg (25.34%), Vitamin B3: 4.11mg (20.53%), Vitamin B12: 1.02µg (16.94%), Vitamin B5: 1.52mg (15.16%), Vitamin D: 1.82µg (12.16%)