



Migas with Black Beans

SERVINGS 4  **PREP TIME** 15 min **COOK TIME** 20 min

INGREDIENTS

- 4 small **LaFe corn tortillas**
- 1 ½ teaspoons olive oil
- Salt
- 1 small red onion, chopped
- 1 red bell pepper, seeded and chopped
- 1 poblano pepper or 1 bell pepper, seeded and chopped
- 1 jalapeño pepper, seeded and chopped
- 4 garlic cloves, pressed or minced
- 2 teaspoons olive oil
- 1 teaspoon **LaFe ground cumin**
- 1 can of **LaFe black beans**, drained
- 3 tablespoons water
- Squeeze of **LaFe lime juice**
- 8 eggs
- 3 tablespoons cream or milk of choice
- ¼ teaspoon salt
- Freshly ground black pepper
- 2 teaspoons olive oil
- ½ to ¾ cup grated Monterey Jack cheese or cheddar cheese

DIRECTIONS

1. Preheat the oven to 425 degrees Fahrenheit and line a baking sheet with parchment paper while you're at it. Scramble 8 eggs with 3 tablespoons cream/milk, ¼ teaspoon salt and a few twists of freshly ground black pepper. Set the eggs aside for later.
2. Slice 4 tortillas into short, thin strips. Transfer the strips to your prepared baking sheet, then toss with 1 ½ teaspoons olive oil until lightly and evenly coated. Arrange them in a single layer and sprinkle with salt. Bake until crispy, flipping halfway, about 8 to 10 minutes.
3. Meanwhile, cook the pepper-and-onion mixture. In a medium saucepan over medium heat, warm 2 teaspoons olive oil. Add the chopped onion, bell pepper, jalapeño, garlic and a dash of salt. Cook, stirring often, until the onions are turning translucent and the peppers are tender, about 5 minutes. Transfer half of the mixture to a bowl for later and return the pot to heat.
4. To the pot, add 1 teaspoon ground cumin and sauté until fragrant, stirring constantly, about 30 seconds. Add the drained black beans and 3 tablespoons of water. Stir to combine. Reduce heat to low, cover and simmer until you're ready to serve.
5. Once you have your crispy tortilla strips and reserved pepper mixture ready, you can scramble the eggs. In a 10-inch non-stick or well-seasoned cast iron skillet, warm 2 teaspoons olive oil over medium heat. Swirl the pan so it's evenly coated with oil. Add the peppers from your bowl to the skillet, then whisk your egg mixture one last time and pour it into the skillet.
6. Scramble the eggs by pushing the mixture around and 'round and 'round until they're about three-fourths set. Fold in the crispy tortilla strips and cheese and continue cooking until the eggs are scrambled to your liking. Remove from heat.
7. Remove the beans from heat. Use a fork to mash up about half the beans, then stir in a squeeze of lime or splash of vinegar. Season to taste with salt and pepper.
8. Divide migas and black beans into individual serving bowls/plates. Enjoy!