

## **Eggs with spicy beans, garlic, and tomatoes**

### *Ingredients :*

1 - 2 cans spicy black beans ( plain work too, don't rinse)  
1/2 onion chopped  
2 handfuls tomatoes halved and deseeded  
1/2 tablespoon tomato paste  
2-3 tablespoons chunky medium salsa  
1 tsp cumin  
Good pinches of crushed red pepper  
2 garlic cloves thinly sliced  
6 eggs  
Pats of butter  
EVOO as needed  
Salt and Pepper to taste

### *For serving ;*

Chopped fresh cilantro  
Limes  
Cheese  
Dollops of full fat Greek yogurt for serving  
( sour cream works too or crema)  
Warm tortillas ( I like mini street corn taco)  
Hot sauce + Salsa for serving  
sliced avocados

**Tip:** Serve family style everyone serves themselves!

### *Method:*

1. Heat up a medium / large heavy bottom pan, add a pat of butter and a good amount of EVOO, suat  the chopped onion until translucent. Season with a pinch of salt and add the tomatoes. Cook until the tomatoes really break down and become gooey, in the same pan add your salsa, and tomato paste, sliced garlic. Let that cook for about 1-3 min until fragrant and the garlic cooks down.

2. Toss in the beans to the pan, a 1/2 teaspoon of crushed red pepper, and cumin. Salt and pepper to taste. Let this come together, for about 10-15 min. Turn on your broiler in your oven to high heat. Make little nests in the pan of beans, simply add your eggs in the nests. Then cook on the stove for about 2-5 min. Transfer to the broiler and finish off cooking the eggs. You can also leave the eggs sunny side up but it depends on your preference.
3. Serve with the taco shells, let everyone dig in and top with the toppings listed above. enjoy.