

Simple Breakfast Tacos



INGREDIENTS:

8 small corn tortillas

8 eggs, scrambled

1 can of refried beans OR 1
can of black beans, rinsed

2 avocados, sliced OR
prepared guacamole

Cooked meat, if using

Your favorite salsa

Optional toppings:

- chopped cilantro
- grated cheese
- sour cream or Greek yogurt
- shredded lettuce or other greens
- diced jalapenos

DIRECTIONS:

1. Using a skillet over medium heat, warm up the refried beans.
2. Stir beans occasionally until warmed through, approximately 5 minutes.
3. Meanwhile, heat another skillet over medium heat. Add butter or oil to prevent sticking or use a non-stick pan.
4. Crack the eggs into a large bowl and whisk together to combine. Add eggs to the buttered pan. Let cook, stirring occasionally until eggs are completely cooked through (about 5-10 minutes).
5. Once eggs and beans are cooked, it's time to assemble the tacos!
6. Grab a couple of tortillas and assemble your tacos adding some eggs, beans, avocado, salsa and any other toppings you prefer.
7. Enjoy!

Source: GimmeSomeOven.com



Innovating primary care, leading as a Patient-Centered Medical Home.