



Tex Mex Eggs

List of ingredients

2 tsp oil
1 onion, diced
1 red pepper, halved and chopped
(take the seeds out first)
1 clove garlic, crushed
1 can tomatoes
1 can Chilli beans
Chilli flakes if you like some spice!
4 eggs (1 per person)

Feeds 4 people

How to cook the dish

Place oil into a frying pan and heat.

Add diced onions, garlic and peppers and cook till softened.

Add tinned tomatoes and cook mixture until thicker.

Add canned of chilli beans and flakes if using and heat well through.

Make 4 small hollows in the mixture and break one egg into each hollow.

Cook until the eggs are done.

Serve with toast, fresh bread or baked potatoes.

Tip:

In corn season: serve this with corn on the cob or add (or even replace the beans) with frozen or canned corn kernels.