

## Quick Huevo Ranchero with Black Beans (Menstrual)

1 small onion diced  
1 jalapeño, diced  
½ green pepper, diced  
1 chili in adobe sauce, diced plus sauce as desired  
1-2 cloves garlic, minced  
1 large tomato, diced  
1/2 cup water or broth  
1/2 teas cumin powder  
1/2 teas paprika  
1T chili powder  
1 can black beans, rinsed and drained  
2 eggs

Heat EVOO in medium saucepan, add onions and both green and jalapeno peppers cooking for 4-5 minutes or until softened. Add garlic and cook additional 1 minute, or until fragrant. Add in diced tomato, water/broth, pepper in adobe and spices and bring to simmer. Add in black beans, continue to simmer, covered until beans are softened. Create 2 divots in the black beans, so the pan is exposed and crack 1 egg into each one. Cover and continue to cook until eggs are done. Serve over warmed fajita, pita or quinoa – or enjoy as is!

*Best for the Menstrual phase.*

