



BREAKFAST BLACK BEANS WITH EGGS

October 16

World Food Day

INGREDIENTS

- 2 Large Eggs
- 3¾ Cups Black Beans
- ¾ Cup Canned Diced Tomatoes (with onions & garlic)
- ¼ Cup Water
- 1 Teaspoon Cumin
- ½ Teaspoon Salt
- ¼ Cup Cilantro

DIRECTIONS

1. Place eggs in a large pot. Add water until there is 1 inch of water above the eggs. Place on the stove on medium-high heat. Bring to a boil. Remove eggs from heat. Cover and let eggs stand in hot water for 12 minutes to hard-boil the eggs.
2. While eggs are cooking, prepare an ice bath. Place ice and water in a large bowl. Set aside.
3. Remove eggs with a slotted spoon. Place in the ice bath for 10 minutes.
4. Prepare bean mixture: Heat on an medium nonstick skillet on medium-high heat. Spray with nonstick cooking spray. Add beans, tomatoes with juice, water, cumin, and salt. Stir. Bring to a boil and reduce heat to medium. Simmer for 5 minutes.
5. Peel and cut each egg into 3 pieces.
6. Garnish with cilantro to serve.

MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

MEAL TYPE

 Breakfast

YIELD

5 Cups

PORTION SIZES

Toddler	Preschool	School Age	Adult
⅓ Cup Bean Mix + ⅓ Egg	⅓ Cup Bean Mix + ⅓ Egg	¼ Cup Bean Mix + ⅓ Egg	½ Cup Bean Mix + ½ Egg