

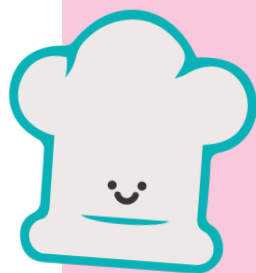


CHILAQUILES

Chilaquiles are a traditional Mexican breakfast made with tortillas, eggs, and a variety of veggies! You can customize this recipe to make it your own.



TOOL BOX



Large skillet
Mixing bowl
Knife or Chopper
Whisk
Box grater
Can opener
Scissors

Chilaquiles include food groups like protein, carbohydrates, vegetables, fats, and dairy. Can you identify them all?

Yield: 6-8 servings

Total Time: 45 min

INGREDIENTS:

- ½ cup olive oil
- 4 cups diced veggies (bell pepper, poblanos, zucchini, spinach, etc.)
- 1 cup your favorite salsa
- 1 tsp cumin
- ½ tsp oregano
- 15oz can black beans, rinsed + drained
- 12 corn tortillas, cut into strips or triangles
- 1 cup shredded cheese
- 8 eggs, whisked
- Salt + Pepper



**CIRCLE ANY NEW INGREDIENTS
YOU TRIED TODAY!
PUT A :) BY YOUR FAVORITE**

PREPARATION:

1. Wash and chop all veggies into small bite-sized pieces.
2. Cut tortillas into long thin strips or triangles.
3. Open can of beans, rinse and drain.
4. Shred cheese on the box grater.
5. Crack eggs into a mixing bowl and whisk.
6. In a large skillet, heat 2 tbsp of oil. Add the diced veggies. Cook, stirring until softened, ~3 min. Add sliced tortillas. Fry until crisp, ~2 min.
7. Add salsa and beans. Bring to a simmer. Cook for 3 min.
8. Add beaten eggs to the mixture. Scramble everything until eggs are cooked.
9. Season with salt and pepper.
10. Top with cheese and enjoy!



HOW KIDS CAN HELP:

- Kids can cut the tortillas with clean scissors.
- Open the can of beans with the can opener. Drain and rinse them too!
- Carefully shred the cheese using the box grater.
- Crack the eggs into the mixing bowl and whisk together.
- Measure out and add each ingredient to the skillet.
- With caution, sauté and combine the veggies and ingredients in the skillet.



RATE THE RECIPE!



HOW WOULD YOU MAKE THIS DIFFERENT NEXT TIME?

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