

Mexican Breakfast

This breakfast is easy to put together and is extremely satisfying. If you are a vegan, just omit the egg, the black beans supply good protein on their own!



Serves 4

- 8 small corn tortillas
 - Can of black beans-warmed and mashed with fork or use canned vegetarian refried beans (we use leftover black beans from Mexican dinner where we will sauté some onions and cilantro add black beans and maybe salsa and serve as a side dish).
 - 1 avocado chopped.
 - Salsa or chopped tomato.
 - Vegan (or regular) shredded cheese
- 8 eggs (optional) – cooked any style.

Heat black beans. Warm or toast the tortillas under broiler or on gas burner on both sides (I like mine with blackened edges). Put two tortillas overlapping side by side on plate and spread with warmed black beans, salsa, and avocado pieces. If using eggs, put cooked on top of tortillas (any style is great) and sprinkle with cheese. For real authenticity, serve with some sliced papaya on the side. Muy delicioso!!