



One Pan Potato, Black Beans & Eggs

4 servings
 45 minutes

Ingredients

4 cups Mini Potatoes (quartered)
 1 Yellow Onion (medium, chopped into wedges)
 1 1/2 tbsps Avocado Oil
 2 tsps Taco Seasoning
 Sea Salt & Black Pepper (to taste)
 1 1/2 cups Black Beans (cooked)
 4 Egg
 1 Avocado (medium, sliced)
 2 tsps Cilantro (chopped fine, for garnish, optional)

Nutrition

Amount per serving	
Calories	415
Fat	18g
Carbs	50g
Fiber	13g
Sugar	4g
Protein	17g
Cholesterol	186mg
Sodium	213mg
Vitamin A	361IU
Vitamin C	35mg
Calcium	85mg
Iron	5mg
Selenium	17µg

Directions

- 1 Preheat the oven to 425°F (220°C).
- 2 Place the potatoes and onion in a large oven-safe pan and toss with the oil and taco seasoning. Season with salt and pepper.
- 3 Transfer the pan to the oven and bake for 30 to 35 minutes, until the potatoes are cooked through.
- 4 Remove the pan from the oven and reduce the oven to 400°F (205°C).
- 5 Add the beans to the pan and stir to combine. Make small wells in the pan and crack the eggs into them. Season with salt and pepper. Return to the oven and bake for seven to eight minutes or until the whites of the eggs are set and the yolks are cooked to your desired doneness.
- 6 Divide the eggs, beans, and potatoes onto plates and top with avocado and cilantro. Enjoy!

Notes

Leftovers: Eggs are best enjoyed immediately. Refrigerate in an airtight container for up to three days.

Serving Size: One serving is about 1 1/2 cups potatoes and beans and one egg.

More Flavor: Add hot sauce.