MEXICAN · BREAKFAST · LUNCH

# Huevos Rancheros with Roasted Tomato Salsa

35 min · Serves 4 · 352 kcal a serve · Video 5:55 · Rick Bayless

Vegetarian · Gluten-free ingredients · Nut-free

Two eggs on soft corn tortillas warmed without frying, under a fresh roasted tomato salsa: about 18 g of protein a serve, rich in selenium, vitamin B12 and vitamin C, and a source of fibre.

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## Ingredients 12 · SERVES 4

- [ ] 450 g **ripe tomatoes** (2 medium-large or 4–5 plum), for the salsa
- [ ] 3 **unpeeled garlic** cloves, for the salsa
- [ ] 1–2 small **fresh jalapeños**, stemmed, for the salsa
- [ ] ½ small **white onion**, sliced 1.5 cm thick, for the salsa
- [ ] about ¾ tsp **salt**, for the salsa
- [ ] about 120 ml **water** in all, to loosen the salsa and thin the sauce
- [ ] 8 **corn tortillas**
- [ ] **vegetable or olive oil** to brush the tortillas and coat the pan (about 1 tbsp; amount not given)
- [ ] 8 **eggs**
- [ ] **salt**, to sprinkle on the eggs
- [ ] about 30 g crumbled **Mexican queso fresco** (or feta)
- [ ] a handful of coriander (cilantro) leaves

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

**Contains:** Egg, Milk. Check labels on stock, sauces and spice mixes.

## Method TIMES = THE MOMENT IN THE VIDEO

1. For the salsa, spread the tomatoes, garlic, jalapeños and onion on a tray and grill (broil) close to the heat for about 6 minutes a side, until soft and blackened in spots. Cool, peel the garlic and roughly chop the chillies.
2. Crush the garlic and chillies with a little salt in a molcajete (or pulse in a food processor), then add the tomatoes and their juices and crush to a coarse purée. Stir in the chopped roasted onion, a splash of water and salt to taste.
3. Coat a large non-stick frying pan with a little oil over low heat. Crack in the eggs, sprinkle with salt and cook slowly, about 6 minutes, until the whites are set and the yolks still runny. 0:42
4. Meanwhile, brush the tortillas lightly with oil, stack them in a plastic bag (fold it over, don't seal it) and microwave for 1 minute; let stand 1 minute. 1:34
5. Lay 2 overlapping tortillas on each warm plate and top with 2 eggs. Bring the salsa to a boil in the pan, thinning it with about 60 ml water. 3:13
6. Spoon the hot salsa around the yolks, then scatter over the crumbled queso fresco and coriander leaves. 4:16

> **Tip** Rick warms the tortillas in the microwave instead of frying them, saving a lot of oil. We've counted one batch of his roasted tomato salsa as the 470 ml needed (our estimate). Diced avocado or goat cheese are good extras.

The method is a summary in our words — the video shows every step.

## One serve gives you 1 OF 4 · ESTIMATE

| ENERGY | PROTEIN | CARBOHYDRATE | FIBRE | FAT | SODIUM |
|---|---|---|---|---|---|
| **352** kcal<br>1,470 kJ | **18** g<br>37% of a day | **31** g<br>26 g net · 5.3 g sugars<br>11% of a day | **5** g<br>18% of a day | **18** g<br>4.8 g saturated<br>23% of a day | **840** mg<br>37% of a day |

**Energy from** net carbs 31% · protein 21% · fat 48%

**High in** (20%+ of a day) Selenium 65% · Vitamin B12 51% · Vitamin C 26% · Vitamin A 25% · Omega-3 25% · Vitamin B6 23% · Zinc 21%

**Source of** (10–19%) Vitamin E 17% · Folate 17% · Vitamin K 16% · Magnesium 15% · Iron 13% · Potassium 12% · Calcium 12% · Vitamin D 12%

**Recipe and video:** Rick Bayless (@rickbayless) on YouTube — youtube.com/watch?v=tXKW0HYYi94, published 22 November 2025. All credit for the recipe goes to the cook; please watch and support their channel.

**By Notbroken:** the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/huevos-rancheros-roasted-tomato-salsa