

Beef & Egg Tamale Skillet

Breakfast, brunch, and dinner, this recipe is a winner! Using leftover or pre-cooked beef means you can have this dish on the table in under 30 minutes.

INGREDIENTS

12 ounces cooked beef (such as roast, steak or pot roast), cut into bite-size pieces or shredded

1 tablespoon vegetable oil

1 medium red or green bell pepper, chopped

1 teaspoon minced garlic

4 large eggs, beaten

2 to 3 cups (2 ounces) baked or regular tortilla chips

1 cup thick and chunky salsa

1/2 cup shredded Mexican cheese blend or Cheddar cheese (optional)

Additional salsa, sour cream, lime wedges, chopped avocado, chopped tomato, fresh chopped cilantro (optional)



25 Min



4

Servings



42 Cal



34g

Protein

COOKING

1. Heat oil in large nonstick skillet over medium heat until hot. Add bell pepper and garlic; cook 4 to 6 minutes or until pepper is crisp-tender, stirring occasionally.

2. Add eggs and tortilla chips. Cook 30 to 60 seconds or until eggs begin to set, stirring constantly. Stir in beef and salsa; cook 2 to 4 minutes or until beef is heated through. Season with salt and pepper, as desired.

3. Sprinkle with cheese, if desired; remove from heat. Let stand, uncovered, 1 minute. Serve with Toppings, as desired.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein	GLUTEN FREE	ALL NATURAL
4		16g	3mg		19g	34g	1	0

*The % Daily Value tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Courtesy of BeefItsWhatsForDinner.com