

One Pan Potato, Black Beans & Eggs

9 ingredients · 45 minutes · 4 servings



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.

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)

