

Chilaquiles

THM-Friendly: S

- 1 low-carb tortilla cut into 8-10 triangles
- 2 eggs

Sauce:

- 1 can diced tomatoes
- 1/4 tsp. onion powder
- 5-6 jalapeños, jarred
- 1/2 tsp. garlic powder
- 2 good pinches of mineral salt
- 1/4 tsp. cumin
- 2-3 red peppers, roasted



Lightly spray tortilla chips with cooking spray. Air fry tortillas for 3-4 minutes until crisp.

Put other ingredients except for eggs into the blender and puree until smooth. Pour in a pan and simmer for 5-6 minutes. Separately fry the eggs until cooked your favorite way.

Add chips to sauce and coat, just warming them through, top with eggs, and enJOY!!

