

Tex Mex Migas

THM-Friendly: S

In a medium fry pan, heat:

- 1 tsp. coconut oil

Add:

- 1 Cubanelle pepper, diced
(or a pepper of your choice)
- 2 Tbsp. onion, diced
- ¼ cup chicken broth
- ¼ tsp. cumin
- ¼ tsp. garlic powder

Let them cook down and get tender.



In another fry pan, heat:

- 2 tsp. of coconut oil.

Cut into strips and add to the coconut oil:

- 2-3 low-carb tortillas

Fry them until crispy. They fry up quickly so watch them so they don't burn.

In a bowl, whip:

- two eggs

Add the eggs to the peppers and onions and scramble. Also add the crispy tortilla chips. Keep stirring.

Add:

- ½ cup diced tomatoes (if desired).
- 2 Tbsp. shredded cheese.

Stir until the eggs are cooked.

Pour into a bowl and add salsa verde and/or hot sauce on top.

enJOY!

