

Green Chili Huevos Rancheros

Sagebrush Inn - Taos, NM

The Great Country Inns of America Cookbook (2nd ed) (1992)

Yield: 2 quarts chili

1 pound diced pork
meat tenderizer
1 cup green chilies, chopped
2 quarts water
1 tablespoon garlic powder
1 tablespoon chicken base
2/3 cup flour
1/3 cup butter, melted
1 teaspoon Maggi seasoning OR salt
Kitchen Bouquet (optional)
corn tortillas
butter
eggs
Cheddar cheese, grated

Copyright: James Stroman

Saute' the pork with a pinch of meat tenderizer. Cook until brown. Add the green chilies. Cover with the water. Bring to a boil. Add the garlic powder and chicken base.

In a saucepan, blend the flour and melted butter to make a roux. Add the roux to the pork and let boil for 3 to 4 minutes, stirring occasionally. Add the Maggi seasoning. Let the mixture simmer, stirring occasionally. Add the Kitchen Bouquet for color, if desired.

In a pan, melt a small amount of butter. Add the tortillas, turning several times until they are soft.

Cook the eggs as desired. Top with the chili mixture and grated Cheddar cheese.

Serve with the tortillas.

Per Serving (excluding unknown items): 865 Calories; 62g Fat (63.5% calories from fat); 11g Protein; 69g Carbohydrate; 3g Dietary Fiber; 164mg Cholesterol; 679mg Sodium. Exchanges: 4 1/2 Grain(Starch); 12 Fat.

Breakfast

Per Serving Nutritional Analysis

Calories (kcal):	865	Vitamin B6 (mg):	.3mg
% Calories from Fat:	63.5%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	31.7%	Thiamin B1 (mg):	.7mg
% Calories from Protein:	4.8%	Riboflavin B2 (mg):	.4mg
Total Fat (g):	62g	Folacin (mcg):	24mcg

Saturated Fat (g): 38g
Monounsaturated Fat (g): 18g
Polyunsaturated Fat (g): 3g
Cholesterol (mg): 164mg
Carbohydrate (g): 69g
Dietary Fiber (g): 3g
Protein (g): 11g
Sodium (mg): 679mg
Potassium (mg): 200mg
Calcium (mg): 75mg
Iron (mg): 4mg
Zinc (mg): 1mg
Vitamin C (mg): 2mg
Vitamin A (i.u.): 2289IU
Vitamin A (r.e.): 566 1/2RE

Niacin (mg): 5mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: 0 0%

Food Exchanges

Grain (Starch): 4 1/2
Lean Meat: 0
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 12
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 865 Calories from Fat: 549

% Daily Values*

Total Fat 62g	95%
Saturated Fat 38g	190%
Cholesterol 164mg	55%
Sodium 679mg	28%
Total Carbohydrates 69g	23%
Dietary Fiber 3g	10%
Protein 11g	
<hr/>	
Vitamin A	46%
Vitamin C	3%
Calcium	7%
Iron	24%

* Percent Daily Values are based on a 2000 calorie diet.