



Mexican-Style Migas

Ingredients

- 8 corn tortillas made with MASECA® Yellow corn masa flour
- 6 large eggs
- 2 tablespoons of milk
- 2 tablespoons of cooking oil
- ¼ cup of white onion, finely diced
- ½ cup of green bell pepper, finely diced
- 1 medium Roma tomato, diced
- 1 teaspoon of salt
- Refried beans to serve

Preparation

1. Cut the tortillas into small squares or strips.
2. Heat oil in a large skillet over medium heat. Add tortilla pieces and fry, stirring occasionally, until golden and crisp. Transfer to a paper towel-lined plate. Wipe skillet.
3. In the same skillet, sauté onion and green bell pepper until soft, about 3–4 minutes. Add tomato and cook for 1–2 minutes.
4. Whisk eggs with milk and salt in a separate bowl. Lower heat to medium-low and pour eggs into skillet with the vegetables. Stir gently until soft curds form.
5. When eggs are just set, fold in the crispy tortilla pieces. Cook 30 to 60 seconds, just until everything is warmed through. Remove from heat. Serve immediately with refried beans.

Serves: 4