

Migas with Black Beans

Author: [Cookie and Kate](#) Prep Time: 15 mins Cook Time: 20 mins

Total Time: 35 minutes Yield: 3 to 4 servings 1x

★★★★★ 4.9 from 10 reviews

Austin-style migas made with crispy baked tortilla strips, scrambled eggs, lots of peppers and some cheese, for good measure! These make a fantastic breakfast, brunch or dinner. For a full meal, serve with black beans (mandatory, included in recipe below), salsa and some warmed tortillas if you'd like to eat your migas in taco form. Recipe yields 3 to 4 servings.



Ingredients

1x	2x	3x
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Crispy tortilla strips

- 4 small corn tortillas
- 1 ½ teaspoons olive oil
- Salt

Spicy black beans (half of these peppers go into the eggs)

- 1 small red onion, chopped
- 1 red bell pepper, seeded and chopped
- 1 poblano pepper or 1 additional bell pepper, seeded and chopped
- 1 jalapeño pepper, seeded and chopped
- 4 garlic cloves, pressed or minced
- 2 teaspoons olive oil

- 1 teaspoon ground cumin
- 1 (15 ounce) can of black beans, drained
- 3 tablespoons water
- Squeeze of lime juice or splash of sherry vinegar

Scrambled eggs

- 8 eggs
- 3 tablespoons cream or milk of choice
- 1/4 teaspoon salt
- Freshly ground black pepper
- 2 teaspoons olive oil
- 1/2 to 3/4 cup grated Monterey Jack cheese or cheddar cheese

Garnishes

- Chopped cilantro
- Salsa and/or hot sauce of choice
- More tortillas, warmed (optional)
- Diced avocado (optional)

Instructions

1. Preheat oven to 425 degrees Fahrenheit and line a baking sheet with parchment paper while you're at it. Scramble 8 eggs with 3 tablespoons cream/milk, 1/4 teaspoon salt and a few twists of freshly ground black pepper. Set the eggs aside for later.
2. Slice 4 tortillas into short, thin strips (see photos). Transfer the strips to your prepared baking sheet, then toss with 1 1/2 teaspoons olive oil until lightly and evenly coated. Arrange them in a single layer and sprinkle with salt. Bake until crispy, flipping halfway, about 8 to 10 minutes.
3. Meanwhile, cook the pepper-and-onion mixture. In a medium saucepan over medium heat, warm 2 teaspoons olive oil. Add the chopped onion, bell pepper, jalapeño, garlic and a dash of salt. Cook, stirring often, until the onions are turning translucent and the peppers are tender, about 5 minutes. Transfer half of the mixture to a bowl for later and return the pot to heat.
4. To the pot, add 1 teaspoon ground cumin and sauté until fragrant, stirring constantly, about 30 seconds. Add the drained black beans and 3 tablespoons water. Stir to combine. Reduce heat to low, cover and simmer until you're ready to serve.

5. Once you have your crispy tortilla strips and reserved pepper mixture ready, you can scramble the eggs. In a 10-inch non-stick or well-seasoned cast iron skillet, warm 2 teaspoons olive oil over medium heat. Swirl the pan so it's evenly coated with oil. Add the peppers from your bowl to the skillet, then whisk your egg mixture one last time and pour it into the skillet.
6. Scramble the eggs by pushing the mixture around and 'round and 'round until they're about three-fourths set. Fold in the crispy tortilla strips and cheese and continue cooking until the eggs are scrambled to your liking. Remove from heat.
7. Remove the beans from heat. Use a fork to mash up about half the beans, then stir in a squeeze of lime or splash of vinegar. Season to taste with salt and pepper.
8. Divide migas and black beans into individual serving bowls/plates. Top with a sprinkle of chopped cilantro. Serve with salsa, warmed tortillas (optional) and diced avocado (optional) on the side.

Notes

Recipe inspired by the migas tacos at Veracruz All Natural and roughly adapted from [The Complete Vegetarian Cookbook](#) and [Serious Eats](#).

Make it gluten free: Use 100% corn, certified gluten-free tortillas.

Make it dairy free: Use an unsweetened non-dairy milk in place of cream. Skip the cheese and top your migas with avocado for extra richness.

Make it tomato free: Choose a tomato-free salsa or hot sauce. Bam.

Find it online: <https://cookieandkate.com/migas-recipe/>
