



## Portabella Huevos Rancheros



Entire recipe: 215 calories, 5g total fat (1.5g sat. fat), 647mg sodium, 29g carbs, 8g fiber, 8g sugars, 15g protein

[Click for WW Points® value\\*](#)

WW Points® value 0\*

**Prep:** 10 minutes    **Cook:** 20 minutes



More: [Breakfast Recipes](#), [Vegetarian Recipes](#), [Single Serving](#), [30 Minutes or Less](#), [Gluten-Free](#)

### Ingredients

- 1 large portabella mushroom cap (stem removed)
- 1/4 cup chopped tomatoes
- 1/4 cup canned crushed tomatoes
- 1/4 cup chopped bell pepper
- 2 tbsp. chopped onion
- 2 tbsp. canned diced green chiles
- 1/2 tsp. taco seasoning
- 1/8 tsp. garlic powder
- 1/4 cup fat-free refried beans
- 1 large egg
- Optional topping: chopped fresh cilantro

### Directions

Preheat oven to 400°F. Lay a piece of heavy-duty foil on [a baking sheet](#), and spray with nonstick spray.

Place mushroom cap on the center of the foil, rounded side down. Top with another piece of foil. Fold together and seal all four edges of the foil, forming a well-sealed packet. Bake for 14 minutes, or until slightly tender.

Meanwhile, bring a skillet sprayed with nonstick spray to medium heat. Add chopped tomatoes, crushed tomatoes, bell pepper, onion, green chiles, and taco seasoning. Stirring occasionally, cook until veggies have softened, 4–6 minutes. Transfer to a bowl, and cover to keep warm.

Cut packet to release steam before opening entirely. Remove foil, and carefully drain excess liquid from the baking sheet. Thoroughly blot excess moisture from mushroom cap. Season it with garlic powder, and fill with refried beans. Bake until hot, about 5 minutes.

Meanwhile, clean skillet, if needed. Spray with nonstick spray, and return to medium heat. Cook egg over easy, 1–2 minutes (or cook to your preference).

Top mushroom with the egg, followed by the sauce.

MAKES 1 SERVING

**Wanna see how it's done?** [Click & watch now!](#)

**HG FYI:** Not all taco seasonings are gluten free, so read labels carefully if that's a concern.

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free samples of food, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

\*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.

---

Publish Date: May 10, 2023

Author: Hungry Girl

Copyright © 2023 Hungry Girl. All Rights Reserved.