

Cheesy Breakfast Bean Toast

Start your day with a hearty and flavorful breakfast featuring cheesy beans on toast, topped with a perfectly fried egg. This American-inspired dish combines protein and fiber for a nutritious morning boost.



Breakfast Dish

American

15 min

Total time

easy

Difficulty

450

kcal / serving

Ingredients

- 1 slice of bread
- 1/2 cup canned black beans (drained and rinsed)
- 1/4 cup shredded cheddar cheese
- 1 large egg
- 1 tablespoon olive oil
- Salt and pepper to taste
- Hot sauce (optional)
- Fresh parsley for garnish (optional)

Steps

- 1 Heat the olive oil in a non-stick skillet over medium heat.
- 2 Add the black beans to the skillet, seasoning with salt and pepper. Cook for about 3-4 minutes until heated through.
- 3 While the beans are cooking, toast the slice of bread until golden brown.
- 4 In a separate pan, fry the egg to your liking (sunny-side up, over-easy, etc.).
- 5 Once the beans are heated, stir in the shredded cheddar cheese until melted.
- 6 Assemble the dish: place the toasted bread on a plate, top with the cheesy beans, and finish with the fried egg on top.
- 7 Drizzle with hot sauce if desired and garnish with fresh parsley before serving.