

Breakfast Burritos

(Makes 8 Servings)



Shopping list:

- 1 cup chopped ham, sausage, or bacon
- 12 eggs
- Salt and pepper
- Hot sauce, to taste
- 8 large flour tortillas
- 1 cup shredded sharp cheddar cheese
- 1/2 cup salsa
- Plastic wrap
- 1 gallon-sized plastic freezer bag

Prep:

1. Label your freezer bag.
2. Cook meat in a large skillet until crisp or cooked. Drain on a paper towel, then chop into bite sized pieces.
3. Crack eggs into a large bowl, then season with salt, pepper, and hot sauce. Whisk until well beaten. Heat a large skillet (could use same skillet as meat) over medium heat. Spray generously with non-stick spray. Pour in eggs and scramble until set, but are still glossy. Remove to a plate and set aside.
4. Lay tortillas on a clean, dry surface. Divide eggs and meat between the tortillas, then top with salsa and cheese. Fold over the top of each tortilla, then fold in the sides, and continue to roll to form a burrito. Wrap individually in plastic wrap, then place in a large freezer bag.

Cook:

1. Unwrap and discard plastic wrap, then wrap burrito in a paper towel. Microwave for 1-1 1/2 minutes or until hot.
2. Enjoy!