

# BREAKFAST BURRITOS

*Serve with Rice, salsa, and avocado for a protein packed morning!*

## INGREDIENTS:

- Eggs: 6 *whisked*
- Egg whites: 12 tbsp
- Large Tortillas: 8-10
- Protein: 1 lb (*See options below*)
- Potatoes: 1 lb *diced*
- Yellow Onion: 1 *diced*
- Bell Pepper: 1 *diced*
- Cheese: 6 oz *shredded*

## PROTEIN OPTIONS:

- Ground Beef or Turkey
- Sausage
- Shredded Chicken
- Black Beans: 2 cans *rinsed and drained*



## INSTRUCTIONS

1. Heat a large skillet on medium. Add 1 diced Onion, 1 diced Bell Pepper, and 1 lb of protein.
2. Once the protein is cooked, add 1 lb of diced potatoes. Cook on medium until the potatoes are fork tender. About 10-15 minutes. Then, drain any liquids out.
3. Warm tortillas individually in the microwave for 20 seconds, or char over a gas flame for a few seconds on each side until soft and pliable.
4. Turn heat to medium-low and pour 6 whisked eggs and 12 tbsp egg whites. Cook for 1-2 minutes until the bottom sets. Pull up the edges to let any uncooked eggs run underneath, then remove from the heat.
5. Spoon  $\frac{1}{4}$  cup of egg mix into each tortilla and sprinkle 1 tbsp of shredded cheese. Fold the tortilla over the filling, fold in both sides, and roll tightly forward.
6. Grill each burrito for 2-5 minutes on each side until crunchy.  
Serve warm or individually wrap in foil, put in a gallon ziploc bag, and freeze!

## LEFTOVERS:

- **Freezing:** Wrap each burrito in foil, then store in a freezer bag.
- **Reheating:** Bake directly from frozen at 425°F for 20 minutes or, if unwrapped, cook in the microwave for 2 minutes.