

Breakfast Burrito

PREP TIME: 15 MINUTES
COOK TIME: 30 MINUTES

YIELDS: 4 BURRITOS

Ingredients

- 10–12 oz ground breakfast sausage
- ½ cup chopped onion
- ½ cup chopped bell pepper
- 4 raw eggs, large
- ½ teaspoon salt (optional)
- 4 flour tortillas, burrito size
- 1 avocado, sliced
- 1 cup shredded cheddar cheese
- ¼ cup chopped cilantro

Qualities

- Texture: Soft and Crunchy
- Rating for Scent : 6/10
- Spice Level: 1/10

Recipe Benefits

- High calorie
- Anti-Nausea



Nutrition Content for 1 Burrito

Calories: 774kcal
Fat: 53.4g
Protein: 29.8g

Carbohydrates: 43.4g
Fiber: 3.9g
Added sugar: 2.4g
Sodium: 1534.8mg

Directions

1. Warm a large pan over medium-high heat.
2. Add crumbled breakfast sausage to the pan.
3. Stir until golden brown and fully cooked.
4. Scoop sausage out of the pan and set aside, leaving the juices and oils in the pan.
5. Add the chopped onion and peppers to the pan, mixing with the sausage oils.
6. Cook for 2-3 minutes until golden, then add the raw eggs and salt.
7. Scramble together until egg is fully cooked.
8. Lay out 4 tortillas in an assembly line for easy preparation.
9. Scoop $\frac{1}{4}$ cup of shredded cheddar cheese across the center of each tortilla.
10. Scoop $\frac{1}{4}$ cup of the crumbled sausage ovetop of the cheese.
11. Scoop $\frac{1}{2}$ cup of the egg, onion, & pepper scramble and gently place ovetop of the sausage.
12. Lastly, spread out a $\frac{1}{4}$ of avocado slices in each burrito.
13. Roll the burrito by folding in the sides, then folding forward tightly.



Chef Tips/Adjustments

- For a lower calorie option, use ground turkey sausage and egg whites. Low-carb tortillas can also be used.
- The burritos can be stored in the refrigerator or in the freezer in a tightly sealed bag or wrapped in plastic wrap/aluminum foil.. When reheating, microwave for 1-minute intervals until heated through out.
- If the sausage you buy ends up containing more or less than four $\frac{1}{4}$ cups, just divide accordingly to make 4 evenly distributed burritos.