

BREAKFAST BURRITOS



INGREDIENTS

1 pound frozen tater tots

1 pound ground turkey

breakfast sausage

2 tsp olive oil

1 bell pepper, diced

1/2 yellow onion, finely diced

12 large eggs

1 cup shredded cheddar cheese

10 eight-inch flour tortillas

DIRECTIONS

1. Bake the tater tots according to package directions.

2. Meanwhile, add the breakfast sausage to a skillet over medium-high heat.

3. Crumble the sausage, stirring occasionally, until cooked through.

4. Remove the sausage to a paper towel-lined plate.

5. Add olive oil, bell pepper and onion to the skillet. Sauté until tender.

6. In a medium-sized bowl, crack the eggs and whisk well.

7. Pour the beaten eggs into the vegetable mixture and sauté until set.

8. Fold in the sausage.

9. Afterward, remove the skillet from heat and cool for 10 minutes.

10. Wrap the tortillas in a damp paper towel and microwave for 15-20 seconds.

11. Scoop 1 cup of the egg mixture onto the center of each warmed tortilla.

12. Add 4 tater tots and 1 Tbsp of cheese to each.

13. Fold the edge of the tortilla over the filling and roll to wrap it tightly.

14. To freeze, wrap each burrito in parchment paper, then aluminum foil.
Burritos can be frozen for up to three months.