



Breakfast Burritos (Serves 10) Freezer Friendly!

| PREP TIME |

20 minutes

| COOK TIME |

8-10 minutes

| TOTAL TIME |

30 minutes

| DIFFICULTY |

Easy

Ingredients:

- 1 pound cooked beef (choose either 93% lean ground beef, or try 93% lean ground turkey)
- 10 eggs, scrambled
- Salt and pepper, to taste
- 1 onion, diced
- 3 bell peppers, diced
- 4 cups baby spinach, chopped
- 3/4 Cup no-salt added or low sodium canned black beans (drain and rinse)
- 3/4 Cup shredded cheddar cheese
- 10—100% Whole grain tortillas

Suggested Toppings:

Low-sodium salsa, plain greek yogurt, avocado slices

Directions:

1. Preheat oven to 350 F°. Grease 9" x 13" pan with olive oil. Set aside.
2. In a medium bowl, whisk eggs together with salt and pepper.
3. In a medium skillet over medium-heat, add ½ Tablespoon olive oil. Add eggs and scramble.
4. In a separate skillet, over medium-heat add 1 Tablespoon olive oil. Add onion and bell peppers, cook for 5-7 minutes, or until soft.
5. Add spinach and cover skillet until wilted. Set aside.
6. Evenly fill whole wheat tortillas with your choice of beef, eggs, cooked vegetables, beans, and cheese. Try making a burrito bar for guests to fill a burrito to their own liking!
7. Fold ingredients into the tortilla, like a burrito.
8. Add wrapped burritos to pan and bake for 8 minutes.
9. *To make freezer friendly:* Take burritos and wrap individually in parchment paper and then foil. Place in freezer. To re-heat frozen burritos, remove foil and place in microwave for 1-3 minutes.