

# BEYOND HUNGER

## Freezer Friendly Breakfast Burrito

*These Breakfast Burritos are great if you want to save time in the morning. They're quick and easy, reheatable and portable!*

**Yields:** 8

**Serving Size:** 1 burrito

### Ingredients:

- 8 oz shredded cheddar cheese, reduced fat preferred
- 1 yellow onion
- 1 bell pepper
- 2 Tbsp butter, divided
- 2 pinches salt and pepper
- 1 lb. cooked ham
- 12 large eggs
- 8 large flour tortillas (burrito size)
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### Instructions:

1. Dice the onion and bell pepper. Add the onion and bell pepper to a large skillet with ½ Tbsp butter and sauté over medium heat until the onions are soft and translucent (about 5 minutes). Season the bell pepper and onion with a pinch of salt and pepper. Transfer the bell pepper and onion to a bowl.
2. Dice the ham, then add it to the skillet with another ½ Tbsp butter. Sauté the ham over medium heat until it is browned (about 5 minutes). Transfer the ham to a separate bowl and clean the skillet.
3. Crack 12 eggs into a bowl and lightly whisk. Add the last tablespoon butter to the skillet and heat over medium. Once the skillet is hot, spread the butter to coat the surface, then pour in the whisked eggs.
4. Push the eggs in toward the center of the skillet (as they set on the bottom) until most of the eggs have set, but the eggs still look moist. Do not over cook the eggs or they'll become dry. Season the eggs with a pinch of salt and pepper.
5. Assemble the burritos: Lay 1 tortilla flat. Put a scoop of scrambled eggs to the middle of each tortilla, then top with a scoop of cooked bell pepper and onion, a handful of cheese, and some of the cooked ham.
6. Roll the burritos: First fold the tortilla up from the bottom, then fold in the sides, and then finish rolling the burrito up until it has closed. Wrap the burrito in parchment paper using the same folding and rolling method (bottom up, sides in, finish rolling up). Label the burrito on the parchment paper or on masking tape
7. Repeat the process for all 8 burritos.
8. Transfer the wrapped burritos to freezer bags, label and date the bags, then place in the freezer.

### Reheating Instructions:

1. Transfer the breakfast burrito to the refrigerator the day before to thaw. Once thawed, microwave on high for 1-2 minutes, or heat in a skillet over medium-low, about 5 minutes on each side, or until the tortilla is crispy and the insides are warm.
2. To reheat from frozen, use the microwave's defrost setting for about 5 minutes, then microwave on high for 1-2 minutes, or until heated through.

**Per Serving:** Calories 421 kcal, Carbohydrates 18g, Protein 28g, Saturated Fat 12g, Sodium 1275mg, Fiber 2g, Sugars 2g  
This recipe was adapted from Beth Budget-Bytes.