

Breakfast Burritos

Ingredients:

6 eggs
1/4 c. milk
1 c. frozen hash-brown potatoes
1/2 pkg. ground sausage

1/4 of a green pepper
Flour tortillas (1 per person)
1/2 c. shredded cheese

Equipment Needed:

Small liquid measuring cup
1 c. dry measuring cup
1/2 c. dry measuring cup

Scrambled Eggs

6 large eggs
1/4 c. milk

1. Preheat a small frying pan on medium high heat.
2. Crack eggs, one at a time, into a small mixing bowl. Whisk together until combined. Then, add milk and whisk until smooth.
3. When frying pan is preheated, spray with cooking spray and pour eggs into hot frying pan.
4. Using a turner, move egg mixture back and forth, breaking eggs into smaller pieces as they cook.
5. Continue to cook until all of the egg mixture has been cooked and there is no liquid remaining. Be careful not to let your eggs burn.
7. After cooking, remove from heat and set aside.

Hash-Brown Potatoes

1 c. frozen hash-brown potatoes
2 Tbsp. oil

1. Preheat a large frying pan on high heat.
2. Combine the oil and frozen potatoes in a single layer. Place the lid on the skillet and allow potatoes to cook for about 5-8 minutes.
3. Lift the lid and turn the potatoes so that the uncooked sides are now being cooked in the oil. Replace the lid and allow the potatoes to cook until all sides are golden brown. Be sure to watch the potatoes to make sure they are not sticking to the pan or burning.
4. When the potatoes are fully cooked and golden brown, transfer them to a plate with a paper towel to absorb the excess oil.

Sausage

1/2 pkg. ground sausage

1. Preheat a large frying pan on high heat.
2. Add the sausage to the frying pan and crumble while cooking.
3. Cook thoroughly until no longer pink. Drain any excess grease into a grease can and set sausage aside.
*The sausage (after it is cooked) can also be mixed in with the scrambled eggs if desired.

Green Pepper

1/4 green pepper

1. Remove the seeds from green pepper and carefully cut it into small bit-sized pieces. Set aside.
*The green pepper pieces can also be mixed in with the scrambled eggs if desired.

Assembling the Breakfast Burritos

Warm the tortillas in the microwave for 30 seconds to a minute. When they are warm, evenly distribute the scrambled eggs, potatoes, peppers, sausage and cheese. Top with salsa, hot sauce or ketchup if desired. Wrap ingredients tightly into a burrito and enjoy.