



## Quick & Easy Breakfast Burritos

---

### Ingredients

- 6 large eggs
- 1/4 cup milk
- Salt and pepper to taste
- 1 cup shredded cheddar cheese
- 1 cup cooked and crumbled breakfast sausage or bacon
- 1 cup diced bell peppers
- 1/2 cup diced onions
- 6 large flour tortillas

### Directions

1. In a bowl, whisk together the eggs, milk, salt, and pepper until well combined.
2. In a non-stick skillet, sauté the diced bell peppers and onions until they soften.
3. Pour the egg mixture into the skillet with the sautéed vegetables and scramble the eggs until fully cooked.
4. Add the cooked and crumbled sausage or bacon to the skillet and mix well.
5. Lay out the flour tortillas and evenly distribute the egg and sausage mixture on each tortilla.
6. Sprinkle shredded cheddar cheese over the filling.
7. Roll up the tortillas, tucking in the sides to create burritos.
8. Wrap each burrito in plastic wrap and place them in a freezer-safe container or bag.
9. When ready to eat, simply microwave a frozen burrito for 2-3 minutes or until heated through.

*Preparing breakfast in the morning can be a time-consuming task, especially during the hectic back-to-school season. But with these make-ahead breakfast burritos, you can ensure your family starts the day with a nutritious and delicious meal without the morning rush.*