

Freezer Breakfast Burritos With Sausage and Egg

An Easy Freezer Cooking Recipe From The Peaceful Mom

INGREDIENTS

1 pound ground pork sausage
2 tablespoons olive oil
1 small red onion, diced
3 small or 1 large bell pepper, diced
1 dozen large eggs
2 tablespoons butter
1 cup shredded cheddar or Monterrey Jack cheese
8 flour tortillas (soft taco size)

INSTRUCTIONS

Heat olive oil in a skillet over medium heat. Add diced peppers and saute for 2 minutes until they begin to soften. Add the onion to the peppers and cook for 1 additional minute.

Add sausage to the skillet and stir to break it up into small pieces. Continue to stir and cook until sausage is no longer pink. Set aside.

In a separate pan melt butter and scramble the eggs. Add salt to taste

When eggs are almost done, add shredded cheese and stir until it is incorporated into the eggs.

Assembly Instructions

Place about 1/4 cup each of the sausage mixture and the scrambled eggs into the center of one flour tortilla.

Fold the two sides of the tortilla toward the center and roll the tortilla up from the bottom.

Wrap the burrito in a paper towel section.

Wrap the paper towel covered burrito in foil and place inside a zipper top freezer bag.

Freeze for 3-4 weeks.

To Re-Heat:

Remove foil. Place paper towel wrapped burrito in a microwave oven for 30-45 seconds. Unwrap and eat.

Note: If you are like me and you don't love using microwaves, simply skip the paper towel and wrap the burritos in foil. The foil wrapped burritos can be placed in the oven and reheated at 350 degrees for 5 minutes or they can be placed in a toaster oven. Be sure to use an oven mitt as the foil will be very hot.