

Easy homemade freezer breakfast Burritos

These tortillas are filled with organic eggs, all-natural turkey sausage, diced veggies and cheese, but add your favorite burrito fillings to customize to your liking. Simply freeze and reheat for a super-quick breakfast.

Yields 12

Prep time: 25 minutes | Cook time: 15 minutes | Total time: 40 minutes

Ingredients:

- 6 whole organic eggs
- 6 organic egg whites
- 1 teaspoon garlic powder
- Salt and pepper, to taste
- 1 tablespoon olive oil
- 1 pound all-natural turkey sausage, crumbled
- 1 small sweet onion, diced
- 1/2 cup black beans
- 12 whole-wheat tortillas
- 1 cup shredded cheese (any flavor desired)
- 4 large tomatoes, diced
- 1 large handful fresh herbs, such as cilantro or parsley



Directions:

1. Heat a large skillet over medium heat.
2. In a bowl, combine the whole eggs, egg whites and garlic powder, and season with salt and pepper. Mix well, and pour into the pan.
3. Lightly cook the eggs for 5 minutes or until they are fluffy and no longer runny.
4. Transfer the cooked eggs to a bowl, and return the pan to the heat.
5. Add the crumbled sausage, diced onion and black beans. Cook for 7 to 8 minutes or until the sausage is completely cooked and the onions are soft. Once done, transfer to a bowl.
6. Divide the egg-sausage mixture among the tortillas.
7. Sprinkle each burrito with shredded cheese, and top with diced tomatoes and fresh cilantro or parsley.
8. Roll up each tortilla burrito style as tightly as possible.
9. Place the burritos in a freezer-safe bag, and freeze.
10. When ready to enjoy, place the burrito on a microwave-safe plate, and heat for 2 minutes or until the center is warm