

FREEZER-FRIENDLY BREAKFAST BURRITOS

Why You'll Love This Recipe:

- **Freezer-friendly** – Make once, eat all week!
- **Totally customizable** – Use your favorite fillings.
- **Budget-friendly** – Save money by making your own grab-and-go breakfast!

Instructions

1. In a large skillet over medium heat, cook the sausage until browned. Remove from the pan and set aside.
2. In the same pan, add diced onions and bell peppers. Sauté for 2–3 minutes until softened.
3. In a bowl, whisk together the eggs, milk, salt, black pepper, garlic powder, and smoked paprika. Pour into the skillet and cook until just set. Remove from heat.
4. Lay each tortilla flat. Divide the eggs, cooked sausage, sautéed veggies, and shredded cheese evenly among the tortillas.
5. Fold in the sides of the tortilla, then roll tightly from the bottom up, securing the filling inside.
6. Wrap each burrito individually in foil or parchment paper, then place them in a resealable freezer bag. Store in the freezer for up to 3 months.

Pro Tips:

1. **Want extra crispiness?** After microwaving, sear in a skillet for 1–2 minutes per side.
2. **Make it spicy:** Add jalapeños or a dash of hot sauce before rolling.
3. **Meal-prep tip:** Make a double batch and freeze half for later!

How to Reheat:

1. Want extra crispiness? After microwaving, sear in a skillet for 1–2 minutes per side.
2. Make it spicy: Add jalapeños or a dash of hot sauce before rolling.
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PREP TIME
15 MIN



COOK TIME
15 MIN



SERVINGS
8

Ingredients

- 12 large eggs
- ½ cup milk
- ½ tsp salt
- 1 tsp black pepper
- 1 tsp garlic powder
- 1 lb ground sausage (or diced ham, bacon, or plant-based alternative)
- 1–2 cups shredded cheese (cheddar, Monterey Jack, or your favorite blend)
- 1 cup diced bell peppers
- 1 cup diced onions
- 8–10 large flour tortillas (10-inch size)