

## Breakfast Burritos

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**1- 2 egg per person**

**1 tablespoon milk for every 2 eggs used**  
**spices as desired (onion salt, garlic powder,**  
**italian,**  
**etc.)**

**1/4 pound ground sausage (or other breakfast**  
**meat)**

**1/4 diced red bell pepper**

**1/4 diced onion**

**1 tortilla per person**

**shredded cheese for topping**  
**sour cream for topping**

**salsa for topping**

### **EGG Preparation:**

1. Crack all eggs into a mixing bowl
2. Add milk and desired spices to eggs
4. Using a fork or whisk, blend all ingredients together well- it should be pretty smooth and creamy.

### **Cooking**

1. Add a tiny sliver of butter to a skillet with tall sides.
2. Saute diced onion until the onion is mostly clear
3. Add the sausage to the skillet with onions, and cook the ground meat until its done- or the juices run clear. Drain fat well using paper towels to blot the excess fat.
4. Add diced bell pepper and cook for a minute to saute the bell pepper and soften it a little.
5. Add blended egg and milk mixture to skill and cook over a medium low heat : using a rubber scraper, pull or push egg mixture from the outsides to the middle to create scrambled eggs. It should still look a little bit wet from the steam, but the eggs should not be runny.
6. Place the egg mixture into a tortilla and fill with desired toppings to eat.