



Breakfast Burrito Recipe

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Ingredients: Breakfast burritos can be prepared with a number of different ingredients. Be adventurous and use what you like and have on hand. Here are some suggested items and variations.

Tortillas: Larger flour sizes are easier to roll. Whole grain, low net carb, and grain free options are good options. Do not use corn tortillas since they will often tear if you try to roll them.

Eggs: Whole shell-on eggs are great. For convenience sake and to conserve space in a small refrigerator, liquid eggs are a great option. For vegan eaters, a few easy to use products are available (e.i. JUST Egg). Two fluid ounces of either liquid egg option is about equivalent to one large egg.

Beans: All sorts of flavor options are available, along with “vegetarian” (often actually vegan), low fat, low sodium, and different kinds of beans. You can even use hummus.

Leftovers: Be adventurous. Korean or Chinese takeout can be a great addition to a burrito. Many leftover tidbits of meat, vegetables, potatoes, and grains are all great. You can even layer your favorite Thanksgiving leftovers with some egg to make a great breakfast burrito.

Other fillings: Traditional breakfast burrito fillings will include any kind of breakfast meat (pork, beef, turkey, vegetarian, and vegan all easy to find), starch/grain (potatoes, rice, barley, couscous, quinoa), pickles chiles, fresh chiles, onion, cilantro, cabbage, and mushroom are all great options. Feeling even more creative? Try any other tasty sauces you have: hoisin, harissa, and even steak sauce can be good depending on which fillings you choose.

Avoid wet ingredients such as lettuce, tomatoes, salsas, and sour cream in burritos that you will reheat. Cabbage is a good alternative to lettuce, and hot sauce or fresh chiles are good alternatives to watery salsas.

Directions:

1. Cook your egg option over medium heat in a non-stick pan or a pan with oil, stirring constantly to avoid scorching or sticking and to cook them more evenly. Vegan eggs should rest a few minutes before eating for the best texture.
2. Prepare your filling ingredients. Chop any larger items to better fit within the burrito.
3. Warm your tortillas over medium-low heat, just until warm and soft.
4. Add your egg and filling.
5. Freezing your burrito to enjoy at a later date? Roll the burrito with parchment paper.
 - a. If you will reheat in a microwave, wrap the burrito in plastic wrap as well.
 - b. If you will reheat in a toaster oven, wrap the burrito in aluminum foil.
6. Warm the burrito until warm through and enjoy!