

# Bean and Egg Breakfast Burrito

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Save time with a nutritious breakfast  
Make ahead and freeze for a quick meal!



## Additional Suggestions:

Make several burritos and freeze for later. Individually wrap each burrito in aluminum foil & place in freeze bag.

Prior to microwaving, remove from aluminum foil and place in a damp paper towel. Heat for ~1 minute.

Add other vegetables such as mushrooms, green onions, or purple onion.

Top with an avocado or sour cream.

Omit the egg whites to make it an even quicker meal.

Pair with your favorite fruit; sliced strawberries, orange slices, or a handful of berries.

## Ingredients:

- 1 high fiber, whole wheat tortilla
- ¼ - ½ cup cooked black beans
- 2 egg whites
- 1 tablespoon green pepper, diced
- Handful Mozzarella Cheese
- 1-2 tablespoons salsa
- ½ tsp black pepper
- ½ tsp garlic powder

## Directions:

- Beat eggs, pepper and garlic powder in a bowl with a fork until blended.
- Cook eggs using a small saucepan, stirring slowly until eggs are soft and fluffy. Remove from heat.
- Assemble burrito: add egg mixture, black beans, green pepper, and cheese on the tortilla.
- Microwave for 30-60 seconds, until cheese is melted. Top with salsa. Roll burrito and serve.



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