

The Neeb Family Breakfast Burrito



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Egg Farmers of Ontario

The Neeb Family Breakfast Burrito

Servings: 4 burritos
Prep Time: 20 minutes
Cook Time: 10 minutes

Ingredients

6	eggs
¼ cup (50 mL)	2% milk
4 tsp (25 mL)	olive oil, divided
½ cup (125 mL)	diced sweet orange pepper
½ cup (125 mL)	corn kernels (fresh, canned or frozen/thawed)
½ cup (125 mL)	rinsed drained canned black beans
1 tbsp (15 mL)	water
½ tsp (2 mL)	salt
4	12-inch (30 cm) whole wheat tortillas
¼ cup (50 mL)	5% sour cream
¼ cup (50 mL)	salsa
½ cup (125 mL)	quartered cherry or grape tomatoes
1 cup (250 mL)	shredded cheddar cheese

Fresh cilantro leaves and hot sauce of your choice (optional)

Directions:

In a medium bowl, whisk together eggs and milk; set aside.

In a large nonstick skillet, heat 1 tsp (5 mL) of the olive oil over medium heat. Add peppers and cook, stirring occasionally until tender, about 2 minutes. Add corn, beans, water, salt and contents of single spice mix; mix well and cook until water has evaporated, about 3 minutes. Remove from heat and set aside.

In a large nonstick skillet, heat remaining olive oil over medium heat. Pour in egg mixture and cook 3 to 5 minutes, stirring gently, until eggs are set but still soft. Remove from heat.

To assemble, spread each tortilla with 1 tbsp (15 mL) each of the sour cream and salsa. Divide scrambled eggs & bean mixture along the center of each and top with tomatoes and cheese. Garnish with cilantro and season with hot sauce, if desired.

Roll up burrito-style and serve warm.

Single Spice Mix:

2 tsp (10 mL)	chili powder
½ tsp (2 mL)	ground cumin
¼ tsp (1 mL)	garlic powder
¼ tsp (1 mL)	dried oregano
¼ tsp (1 mL)	paprika



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New Hamburg, ON



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