

Egg & Spinach Breakfast Burritos

Taste of Home (website)

30 minutes • Makes 5 to 10 servings



Ingredients

- 1 pound bulk lean turkey breakfast sausage
- 1 Tablespoon cooking oil (EX: canola or olive oil)
- 1 cup frozen cubed hash browns – THAWED
- 1 small red onion – CHOPPED
- 1 small sweet red pepper – CHOPPED
- 6 cups (~4oz) fresh spinach – COARSELY CHOPPED
- 6 Large eggs
- 10 multigrain tortillas (8 inch) - warmed
- ¾ cup crumbled feta cheese or queso fresco
- Guacamole and salsa, OPTIONAL

Preparation

1. Chop onion, pepper, and spinach. Set to the side. **Onion & peppers could be prepared before camping trip.**
2. Crack eggs into a small/medium sized bowl. Whisk eggs with fork until combined. Set to the side.
3. In a small skillet, warm each tortilla – one at a time. Once warm store on a plate or paper towel. Continue with remaining steps while warming tortillas. COMPLETE THIS STEP, EVEN IF USING FREEZE OPTION.
4. In a large skillet, cook sausage over medium heat until no longer pink (4 to 6 minutes), breaking into crumbs. Remove from pan and store on 2 layers of paper towel.
5. In the same skillet, heat oil.
6. Add potatoes, onion, and pepper. Cook, stirring until tender (5 to 7 minutes).

Cooking Utensils/Items

- 1 large skillet
- 1 small skillet
- Spatula (for cooking)
- Measuring cups
- Paring knife &/or Large (chopping) knife
- Fork
- Cutting board (or prepping surface)
- Paper Towel
- Aluminum Foil (if using Freeze Option)
- Tong (if using Freeze Option)

Substitutions:

- Sausage = pork or beef
- Hash browns = shredded
- Tortillas = plain flour; 6 inch in size
- Cheese = Mexican Blend or Cheddar (1 cup)

7. Add spinach, stir until wilted (1 to 2 minutes).
8. Add sausage and eggs. Cook and stir until no liquid egg remains.
9. Place ½ cup filling in center of tortilla and sprinkle with cheese. Fold bottom and sides over filling and roll up. Serve with guacamole and salsa.
10. **FREEZE OPTION** - Cool filling BEFORE making burritos (step 9). Individual wrap burritos in foil and freeze in a resealable plastic freezer bag. Freeze for up to 1 month.

TO REHEAT: Partially thaw overnight in cooler (or refrigerator). Prepare campfire, grill, or skillet for medium heat. Place foil-wrapped burritos on a grill grate over a campfire or on grill, or in skillet. Heat for 20 to 30 minutes, turning frequently.

Egg & Sausage Breakfast Burritos

Meal Planning and Budgeting

Makes 5 or 10 servings

Ingredients

- 1 pound bulk lean turkey breakfast sausage
- 1 Tablespoon cooking oil
- 1 cup frozen cubed hash browns
- 1 small red onion
- 1 small sweet red pepper
- 6 cups (~4oz) fresh spinach -
- 6 Large eggs
- 10 multigrain tortillas (8 inch)
- ¾ cup crumbled feta cheese or queso fresco
- Guacamole and salsa, OPTIONAL

Shopping List

- 1 pound bulk lean turkey breakfast sausage
- Cooking oil
- 1 bag frozen cubed hash browns*
- 1 small red onion
- 1 small sweet red pepper
- 1 bag (~4oz) fresh spinach
- 1 dozen Large eggs**
- 10 multigrain tortillas (8 inch)
- 1 bag (~¾ cup) crumbled feta cheese or queso fresco or other cheese choice
- Guacamole and salsa, OPTIONAL

*Note(1) – you will have leftover hash browns

**Note(2) - you will only need ½ of the eggs purchased

Costs (approximations)

- \$3.49
- \$4.99 (25.5 oz Olive Oil)*
- \$1.67 to \$2.99
- \$0.50 (depends on size)
- \$0.99 to \$1.50
- \$2.89
- \$1.69
- \$1.99 to >\$5.00**
- \$2.29 to >\$5.00***
- \$1.00 (avocado)

TOTAL RECIPE COST:

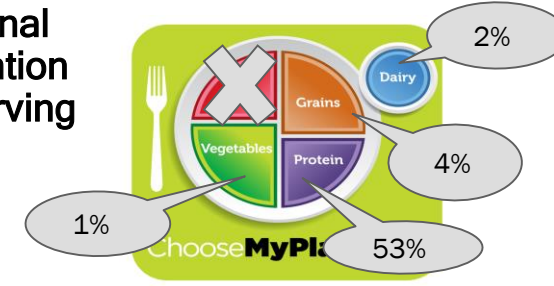
- ~ \$20 to \$29

*If in patrol box – do not need to purchase.

**Size and number of tortillas will affect the price.

***Type of cheese will affect the price.

Nutritional Information Per Serving



PER BURRITO	Fat (g)	Carbs (g)	Protein (g)	Calories
Sausage	4.8	-	8.8	72
Hash Browns	-	1.8	0.10	7
Onion & Red Pepper	0.05	2	0.25	8.7
Spinach	-	0.60	0.40	4
Eggs	3	-	3.6	42
Tortilla	2	13	2	80
Cheddar Cheese	3.6	-	2.8	44
Cooking Oil	1.35	-	-	11.9
TOTAL	19%	6%	53%	~270