

Welcome to my Kitchen with Chef Kate

Breakfast Burritos

Ingredients:

Green peppers, onion, and mushrooms

Optional: sausage, cheese, etc.

3 eggs

2 tbsp butter

Milk, or Half & Half, or almond milk

Large soft flour tortilla

Optional seasonings: salt, pepper, garlic salt, or hot sauce

Sautéed Vegetables:

Green peppers, onion, and mushrooms

Sautee vegetables with 1 tbsp butter on the stovetop until soft

If you wish to add sausage or any other ingredients, make sure they are cooked before assembling the burrito.

Eggs:

Preheat another pan with 1 tbsp of butter on stove

Mix eggs with Half & Half or milk

Pour mixture into preheated pan to cook. Season as you like.

To assemble:

Lay our tortilla

Put eggs in the middle of 1/3 of the tortilla

Add cheese If you like

Add vegetables

Fold the edges in and roll the burrito

If you like it toasted, put it back on the stovetop to crisp up

Or put it in the freezer to heat up in the microwave for about 30 seconds and eat later