EGG & SAUSAGE BREAKFAST BURRITO

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**Ingredients:**

* 12 Medium Flour Tortillas
* 1 Dozen Eggs or Egg Creations (liquid egg whites)
* 1 Pound ground Turkey Sausage
* 1 ½ Cups Shredded Cheddar Cheese or a little more
* 1 Small Green Pepper diced
* 1 Small Red Pepper diced
* I small onion diced
* 1 Teaspoon Garlic Powder
* ½ Teaspoon Black Pepper

**Directions:**

* Add sausage to a fry pan and brown until almost cooked
* Add in peppers and onion & cook until tender
* If using eggs, crack into a bowl and whisk with a fork until blended and pour over sausage mixture or if using the carton egg whites, just pour over mixture.
* Stir ingredients in the fry pan until eggs are cooked
* Add about 1 cup of cheese, stire until melted
* Lay out your tortillas, add a little cheese to each one and spoon on egg & sausage mixture & roll up, tucking in the ends.
* Wrap each Tortilla in parchment paper and if using a FoosSaver, pop in the freezer for about an hour. If you aren't planning on vacuum packing them and plan on eating them within a week or so, just pop all the parchment wrapped burritos in a plastic container & freeze.

**To eat from frozen:**

 Place parchment wrapped burrito in the microwave for 60 seconds,

open up parchment and cook another 45-60 seconds.

Time may vary slightly depending on your microwave. ENJOY!!