

# Freezer Friendly Breakfast Burritos

Serves: 4-6

## INGREDIENTS:

Siete Foods Wraps (gluten-free alternative found in the refrigerated section)

Can sub flour or corn if you prefer

8 pasture-raised eggs or 1 block non-gmo organic tofu

1 red bell pepper, diced

1/2 white onion, diced

1 sweet potato or 1 regular potato

3 Cloves garlic

1 tsp cumin

1/2 tsp chili powder

1 tbsp olive or avocado oil

Salt / pepper

Diced avocado

Cling wrap

Aluminum foil

Toppings : salsa, greek yogurt, hot sauce

If using tofu: garlic powder, onion powder, turmeric, salt/pepper

## INSTRUCTIONS:

1. In a pan on the stove top, start to cook the red bell pepper, onion, sweet potato and garlic. Season with salt/pepper/cumin and chili powder. Toss so spices coat the veggies and cover for 10 minutes to cool, stirring every few minutes.
2. In a separate pan, cook the eggs with salt/pepper. If using tofu instead, use a slice of tofu per serving - crumble up using your hands, season well and cook until lightly golden brown. Remove eggs/tofu from heat and set aside.
3. Warm up 1 tortilla at a time in the microwave for 20 seconds. Lay on a plate, stuff with veggies/eggs or tofu, just enough to tuck the ends in and wrap up (mine turned out to be mini burritos)
4. Wrap in cling wrap followed by aluminium foil. Store in the freezer until ready to serve!

**Notes:** To reheat, place on a baking sheet and reheat at 325 for 5-10 mins or pop in the microwave for 1-2 mins. Enjoy!



**Serving size:** 1 large or 2 small baby burritos