

BREAKFAST BURRITOS

Ingredients:

- 2 flour tortillas
- 1/2 small red pepper, chopped
- 1/4 small sweet white onion, chopped
- 1/2 can diced green chiles (not jalapenos!)
- 1 tsp. sugar
- 2 oz. fresh pork or chicken sausage
- 4 slices American cheese
- 3 eggs
- Scant shake of red pepper flakes
- Salt and pepper to taste

Cook sausage until lightly browned; Add remaining ingredients, except for eggs, at one time

Cook all ingredients until red pepper and onion soft

Add eggs, all at once

Stir over high heat until eggs are cooked

Lay out tortillas on two plates

Place two slices of American cheese on tortillas

Divide contents of frying pan between both tortillas

Wrap up and cover with damp paper towel

Heat in microwave for 45 seconds

Remove paper towel and enjoy!

Serve with guacamole, salsa, and/or sour cream

Note: If you purchase the uncooked flour tortillas at Costco, fry them on medium heat until lightly browned and continue as above.