

# Homemade Freezer Meals: The Breakfast Burrito

## The Ingredients

- 24 tortillas
- 2 lbs meat (i.e. bacon, ham, sausage, chorizo)
- 2.5 lbs potatoes
- 1/3 cup oil (i.e. butter, olive, coconut, lard)
- 1 large onion, diced
- 1 lb shredded cheese
- 12 eggs
- 1/2 cup milk
- your choice of seasoning

## The Preparation

1. Preheat oven to 425 degrees F
2. Cut potatoes into small cubes and dice the onion.
3. In a large casserole dish, toss oil of choice, potatoes, onion, and seasoning.
4. Bake in oven for 30 minutes, or until potatoes are tender.
5. Cook the meat of you choosing.
6. In a medium-sized bowl whisk eggs and milk together until well combined.
7. Over medium high heat, pour egg mixture into sauce pan and cook until just done (do not overcook the eggs otherwise your burritos will be dry).
8. I use block cheese, so this is where I shred it.
9. Assemble the burrito by adding small amounts of each ingredient.
10. Place burritos on a cookie sheet, in a glass dish, or whatever you want to use. And freeze for about 2 hours.
11. Once flash frozen, store burritos in freezer by using your prefer method of freezer storage.

## Ready to Eat

For the best results, remove a burrito from freezer the night before to thaw. Then place in toaster oven, convection oven, or microwave to warm. Wrap and you're ready to go!  
*Note: Burritos can be warmed straight from the freeze if you forget to thaw!*