

# Easy Frozen Breakfast Burritos

## Ingredients

Breakfast sausage . . . . .	16-24 oz.	Salt . . . . .	1 tsp.
Bell pepper . . . . .	1	Black pepper . . . . .	½ tsp.
Onion . . . . .	1	Ground mustard . . . . .	¼ tsp.
Green chilis . . . . .	1 (6oz.) can	MSG . . . . .	¼ tsp.
Eggs . . . . .	12	Cooking oil (or spray) . . . . .	1 tsp.
Milk . . . . .	1 ½ cups	Frozen tater tots . . . . .	30 oz.
Sour cream . . . . .	¾ cup	Tortillas, burrito size . . . . .	12-16
		Shredded cheese . . . . .	3-4 cups

## Directions

Preheat oven to 350°F — Dice **bell peppers** and **onions** — Drain **chilis**

1. Cook the **breakfast sausage**, **bell peppers**, **onions**, and **chilis**, over medium heat, crumbling the sausage until cooked through. Drain grease.
2. Whisk together the **eggs**, **milk**, **sour cream**, **salt**, **black pepper**, **ground mustard**, **MSG** and until smooth.
3. Lightly grease a 9"×13" baking pan with **oil or cooking spray**. Place the **tater tots** in the bottom of the pan.
4. Sprinkle the cooked **sausage** mixture over the **tater tots** in the prepared pan. Pour the **egg** mixture evenly over the top.
5. Bake at 350°F for 30 minutes covered, then 30-45 minutes uncovered until set.
6. If freezing, let the casserole cool to room temperature. Scoop about ½ cup of the casserole onto each **tortilla**, sprinkle with **cheese**, fold the sides, and roll up into a burrito.
7. To freeze, wrap burritos in parchment paper or plastic wrap, and place in a freezer bag. Reheat in the microwave or oven as desired.