

# Breakfast Burritos

## Ingredients

Breakfast sausage . . . . .	16-24 oz.	Salt . . . . .	1 tsp.
Bell pepper . . . . .	1	Black pepper . . . . .	1/2 tsp.
Onion . . . . .	1	Ground mustard . . . . .	1/4 tsp.
Green chiles . . . . .	1 (6 oz.) can	MSG . . . . .	1/4 tsp.
Eggs . . . . .	12	Cooking oil (or spray) . . . . .	1 tsp.
Milk . . . . .	1 1/2 cups	Frozen tater tots . . . . .	30 oz.
Sour cream . . . . .	3/4 cup	Tortillas, burrito size . . . . .	12-16
		Shredded cheese . . . . .	3-4 cups

## Directions

Preheat oven to 350°F — Dice **bell pepper** and **onion**; combine in *Small Bowl #1* (aromatics) — Drain **green chiles**; set aside in *Small Bowl #2* — Shred **cheese**; set aside in *Large Bowl #1*

1. Cook the **breakfast sausage**, **bell pepper** and **onion** (*Small Bowl #1*), and **green chiles** (*Small Bowl #2*) over medium heat, crumbling the sausage until cooked through, about 10-12 minutes. Drain grease and transfer to *Large Bowl #2*; set aside.
2. Whisk together the **eggs**, **milk**, **sour cream**, 1 tsp. **salt**, 1/2 tsp. **black pepper**, 1/4 tsp. **ground mustard**, and 1/4 tsp. **MSG** in *Large Bowl #3* until smooth.
3. Lightly grease a 9 inch×13 inch baking pan with **oil** or cooking spray. Place the **tater tots** in the bottom of the pan.
4. Sprinkle the cooked **sausage** mixture (*Large Bowl #2*) over the **tater tots** in the prepared pan. Pour the **egg** mixture (*Large Bowl #3*) evenly over the top.

5. Bake at  $350^{\circ}F$  for *30 minutes* covered, then *30-45 minutes* uncovered until set.
6. If freezing, let the casserole cool to room temperature. Scoop about  $\frac{1}{2}$  cup of the casserole onto each **tortilla**, sprinkle with **cheese** (*Large Bowl #1*), 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.