

Sparkle Kitchen

Breakfast Burrito Bar

Ingredients

(Pick several, but no need to have them all—these are just ideas.)

Tortillas

Eggs

Milk

Sausage

Black beans

Bacon

Roasted potato or squash chunks

Onion

Bell pepper

Cheese

Yogurt or sour cream

Salsa or chopped tomatoes

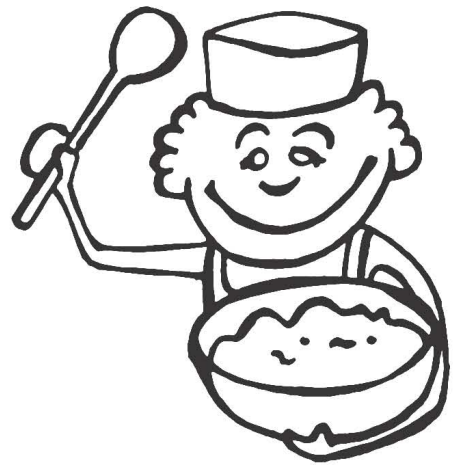
Avocado

Olives

Directions

Prep as much as you can the night before. Dice the onions and peppers. Roast the potato or squash. You could even pre-cook the meat and pre-grate the cheese if you want. Just pop it all in the fridge overnight.

The next morning, set out any ready to serve ingredients (e.g. yogurt, salsa)—there you're already halfway done!



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Next cook or re-heat any meat you're using, and grate the cheese if you haven't done so already. Cut up the avocado, too, if you're using one, and heat your black beans. (Pro tip: If you rinse the black beans in hot water for a minute, they'll be rinsed and warmed in one step.) Warm the tortillas as well, and wrap them in a clean dishtowel to keep them that way.

Last, you'll need to attend to your eggs. With all the other toppings, you'll only need about 1 egg per person. I scramble mine by whisking them together with one tablespoon of milk per egg. Cook them for 3-4 minutes on a hot griddle, swishing them with a spatula as they cook.

Set everything out with bowls, plates, and serving spoons, and let your sleepy kids dig in!