



Breakfast Burritos

Ingredients:

- 1/2 can of refried beans (mashed)
- 3 small corn or flour tortillas
- 3 large eggs
- 1 avocados, peeled, pitted and sliced
- Salsa
- ½ cup Mexican style cheese

Instructions:

1. Warm up refried beans from can in large saucepan.
2. While the beans are cooking go ahead and scramble the eggs in another pan.
3. To scramble the eggs; whisk eggs together in a mixing bowl and add a dash of salt. Put the eggs into the saucepan and stir often with a rubber spatula until scrambled to your desired doneness.
4. Once the beans and eggs are ready to go, it's time to assemble the tacos!
5. Spread a spoonful of refried beans on a tortilla, top with a spoonful of scrambled eggs, then load it up with avocado slices, salsa, and any of your preferred toppings.

Prep Time: 15 minutes

Cooking Time: 15 minutes

Equipment:

- Saucepan
- Spatula
- Mixing Bowl
- Fork
- Spreading Knife

Servings: 3 servings

Serving Size: 1 taco



Nutrition Facts:	240Calori	10g Fat,	3.5g Saturated Fat,	28g Carbohydrates,	11g Protein,	8g Fiber,
	es,					
	1g Sugar,	100mg Sodium.				

Check out our blog at www.cookingoncampus.arizona.edu to find past recipes and a list of upcoming classes!
 For more info about nutrition and what to eat on campus, go to www.health.arizona.edu, click Health Promotion, then Nutrition.

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Variations:

- You can add sour cream as a creamy topping
- Add some veggies such as sweet potatoes or sauteed greens
- Add meat such as bacon or chorizo

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