



### Breakfast Burrito

#### Ingredients

1.5 Tbsp	Olive oil
1 small	Onion, chopped
1 large	Bell pepper, diced
1-2 cans	Black beans, drained & rinsed
8	Eggs
1 cup	Shredded Cheese
10	Burrito-sized whole wheat tortillas
2 large	Tomato, diced
1 large	Avocado, diced
1 jar	Salsa

#### Directions

- 1) Heat oil in a large nonstick skillet over medium-high heat.
- 2) Cook onions and peppers until onions are softened and peppers are slightly charred, about 8 minutes.
- 3) Add black beans and cook until warmed through (~3 minutes).
- 4) Season with salt and pepper and transfer to a dish.
- 5) Whisk eggs then stir in the cheese.
- 6) Spray skillet with cooking spray, and reheat over medium heat.
- 7) Reduce heat to low and add eggs, scrambling until cooked through, (~3 minutes).
- 8) Place tortilla flat on plate and layer with:
  - salsa
  - black bean mixture
  - scrambled eggs
  - diced tomato
  - diced avocado
- 9) Tuck in the sides of tortilla around stuffing and roll up, keeping as tight as possible.
- 10) Enjoy!