

Foodnity Recipes

Breakfast Burritos With Taco Seasoning

15 min Prep time	**10 min** Cook time	**25 min** Total time
4 Servings	**Easy** Difficulty	**Tex-Mex** Cuisine

Ingredients

Main Filling

- [ ] 8 large eggs
- [ ] 1 tablespoon unsalted butter
- [ ] 2 teaspoons olive oil (for sautéing)
- [ ] 1/2 cup diced onion
- [ ] 1/2 cup diced bell pepper
- [ ] 2 tablespoons taco seasoning mix
- [ ] 1 cup frozen corn kernels, thawed
- [ ] 1 cup canned black beans, drained and rinsed
- [ ] 2 tablespoons milk
- [ ] 1 cup shredded cheddar cheese
- [ ] Salt and freshly ground black pepper, to taste

Wraps and Garnish

- [ ] 4 large flour tortillas (8-inch)
- [ ] 1 tablespoon lime juice
- [ ] 1 tablespoon chopped fresh cilantro (optional garnish)

Instructions

1. So, first things first, grab your large skillet and melt that 1 tablespoon unsalted butter over medium heat. Go ahead and stir in the 2 teaspoons olive oil and just let it shimmer—you want it hot, but not smoking, yeah?

2. Toss in your 1/2 cup diced onion and 1/2 cup diced bell pepper. Sauté them for about 3-4 minutes. I love this part; the kitchen starts smelling just wonderful once they get softened and fragrant.

3. Now, sprinkle those 2 tablespoons taco seasoning mix right over the vegetables. Give it a good stir to coat everything and let it cook for another 30 seconds. It just "blooms" the spices, which honestly makes a huge difference in flavor.

4. Stir in the 1 cup frozen corn kernels, thawed, and the 1 cup canned black beans, drained and rinsed, along with 2 tablespoons milk. Let it all simmer for 1-2 minutes until it's heated through and thickens up a bit.

5. In a separate bowl, whisk your 8 large eggs with a splash of milk. Pour them right into the skillet and scramble gently. Look for that point where they're just set but still moist—don't overcook them, or they'll get rubbery.

6. Turn the heat down to low and sprinkle in the 1 cup shredded cheddar cheese. Stir it in until it's all melty and gooey throughout the scramble. Wow, it looks so good at this stage.

7. Warm your 4 large flour tortillas (8-inch) in a dry skillet or the microwave for 15-20 seconds. I like to keep them coated with a tiny bit of butter or oil so they stay nice and soft.

8. Divide your egg-bean mixture evenly between the warmed tortillas, placing a generous spoonful right in the center of each.

9. Fold the sides in and roll them up tight. If you're feeling fancy, you can pop the assembled burritos back in the skillet for about 1 minute, pressing lightly to seal the seam.

10. Serve them up immediately! Give each one a little squeeze of 1 tablespoon lime juice and a sprinkle of 1 tablespoon chopped fresh cilantro. Some salsa or sour cream on the side is always a win.

Nutrition per serving

410 kcal	24 g	28 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- Warming the tortillas is a must; it prevents them from cracking.
- A little milk in the eggs makes them significantly fluffier.
- Don't skip the "blooming" step with the taco seasoning for deeper flavor.