**Breakfast Burritos**

Easy to make and easy to eat on the go! See the notes for keto/LCHF, gluten-free and dairy-free versions. Make them as mild or spicy as you like!  
Total Time15 minutes  
Servings2  
Calories386k cal  
Carbs (g):21

Ingredients

·4 ounces sausage ham or bacon, cut in small pieces  
·1/4 onion diced  
·1/4 green pepper diced or little bit of a spicy pepper, minced  
·1 tomato diced  
·2 eggs lightly beaten  
·2 large tortillas OR 4 small tortillas (corn or flour)  
·1/4 cup shredded cheese  
·1/4 cup salsa

Instructions  
  
1.Sauté the meat, onion, pepper and tomatoes over medium-high heat until the meat is done (if using bacon, cook it partially before adding the other items).  
2.Add the eggs and cook to your preferred doneness. At the same time, heat a dry skillet over high heat. When hot, heat the tortillas one at a time by placing them in the skillet for about 15 seconds per side (they will get a few light brown spots on them – if they have any black spots, heat the rest a few seconds less).  
3.Place a hot tortilla on a plate, add half the egg mix, half the cheese and a bit of salsa and roll the tortilla up. If you use a large tortilla, you can first fold the bottom up about one-quarter of the way, then roll it. If you use small tortillas, make four burritos with one-quarter of the ingredients on each.  
  
Notes  
Keto/LCHF: Put cooked egg mixture in a cup or bowl; do not use tortilla. 6g carb per serving. Use less salsa to reduce carb count further.  
Gluten-free: Either totally omit tortillas as for keto version, above, or use gluten-free corn tortillas.  
  
Dairy-free: Omit cheese.  
Vegetarian: Leave out the meat.

This recipe from The Boat Galley -- see it [here.](https://theboatgalley.com/breakfast-burritos-recipe/?mc_cid=bc2a03a533&mc_eid=79af157a55)