

Breakfast Beef Burritos

Enjoy steak with your breakfast. Beef Steaks wrapped in a tortilla with scrambled eggs, cheese and salsa. This recipe is sure to keep you fueled for a busy day.



INGREDIENTS

8 ounces beef Sirloin Tip Center Steaks, cut 1/8 to 1/4 inch thick

2 eggs, beaten

1/4 cup shredded Mexican cheese blend or jalapeño pepper cheese

1 tablespoon water

1/4 teaspoon pepper

Salt

2 medium flour tortillas (10-inch diameter), warmed

1/4 cup prepared salsa

Toppings: Sour cream, chopped fresh cilantro, additional prepared salsa (optional)



25 Min



2
Servings



42 Cal



39g
Protein

COOKING

1. Combine eggs, cheese and water in small bowl. Spray large nonstick skillet with cooking spray; heat over medium-high heat until hot. Add egg mixture; cook and stir 1 to 2 minutes or until scrambled and just set. Set aside; keep warm.

2. Season beef Steaks with pepper. Carefully wipe out skillet with paper towels, if necessary. Spray with cooking spray; heat over medium-high heat until hot. Add 1/2 of beef; cook 1/8-inch thick steaks 1 to 2 minutes (1/4-inch thick steaks 3 to 4 minutes) or until outside surface of beef is no longer pink. Do not overcook. Remove from skillet. Repeat with remaining beef. Season beef with salt, as desired.

3. Layer 1/2 of beef on each tortilla, leaving 1-1/2-inch border on right and left sides; top with 2 tablespoons salsa and 1/2 of eggs. Fold right and left sides of tortilla over filling. Fold bottom edge up over filling and roll up tightly. Serve with toppings, if desired.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein	GLUTEN FREE	ALL NATURAL
2		20g	298mg		4g	39g	1	0

*The % Daily Value tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for

general nutrition advice.

Courtesy of BeefItsWhatsForDinner.com