



Freezer Burritos - Allon-Z!

10 servings

30 minutes

Ingredients

- 2 tbsps Extra Virgin Olive Oil (divided)
- 3 Garlic (cloves, minced)
- 1 cup Red Onion (large, diced - mushrooms work well too!)
- 2 Sweet Potato (large, peeled and diced into 1/2 inch cubes)
- 2 Red Bell Pepper (diced)
- 2 Green Bell Pepper (diced)
- 1 tbsp Cumin
- 1 1/2 tsps Chili Powder
- 1/2 tsp Sea Salt
- 12 Egg (large, whisked)
- 10 Brown Rice Tortillas (11 inches)

Directions

- 1 Preheat oven to 400°F (200°C) and line baking sheets with foil.
- 2 In a large bowl, combine 1 tbsp olive oil, garlic, red onion or mushrooms, sweet potato, bell peppers, cumin, chilli powder and salt. Toss well and then spread the veggies across the baking sheets in an even layer. Bake in the oven for 30 minutes or until cooked through, gently tossing at the halfway point.
- 3 Meanwhile, heat the remaining olive oil in a large skillet over low-medium heat. Pour the whisked eggs into the skillet, and continuously stir to scramble the eggs while they cook. Set aside.
- 4 Divide eggs and roasted veggies evenly between the tortillas and wrap into burritos.
- 5 Once cooled, wrap the burritos in foil and freeze in a freezer-safe bag. See notes for how to reheat

Notes

Reheating in the Oven: Heat in the oven at 350°F (177°C) for 30 minutes from frozen (or less if already defrosted), then unwrap and return to the oven for another 10-15 minutes for a crispy wrap (optional).

Reheating in the Microwave: Remove foil from defrosted burritos and microwave for 1 to 2 minutes (times will vary depending on the power of your microwave).

Make it Spicy: Add more chilli powder, cayenne pepper, hot sauce and/or sliced jalapeno.

Serve it With: Greek yogurt, sour cream, feta cheese, tomatoes, avocado and/or salsa.

No Brown Rice Tortillas: Use corn or whole wheat tortillas instead. I also love the Ezekiel Sprouted Grain Tortillas from Trader Joe's. Just make sure to freeze them until you use them because they get moldy really fast.



Too Much Work! If you are thinking about freezing food, you are probably trying to prep ahead, save time, make things easy on yourself. I suggest that you prepare this recipe through step 3, but then you get your family involved in making the burritos and wrapping them. Each family member makes their own burrito for eating right away, plus one or two extras for freezing.