**Breakfast Bean Burrito**

**Ingredients**
- 1 flour tortilla
- ¾ cup cooked beans (I recommend black or pinto)
- 1-2 eggs
- 1 handful shredded cheese
- ½ diced tomato

Optional:
- Add in a handful of chopped veggies such as peppers, onions, or spinach to cook with your eggs
- Add toppings such as salsa, hot sauce, or fresh herbs such as cilantro or chives for added flavor
- Replace the beans or eggs with another source of protein such as chicken or tofu

**Prep Time:** 5 minutes

**Cook Time:** 5-10 minutes

1. Scramble eggs in some oil or butter in a pan on medium heat. Remove from heat when done cooking to your desire
2. Lay the tortilla out on a plate, add the beans, eggs, cheese, and tomato in the center of the tortilla
3. Fold in the ends of the tortilla, then roll up to form a burrito
4. Microwave for 45-60 seconds

**Meal Prep Tip:**
- Make this burrito ahead of time and store in the refrigerator or freezer for a quick morning breakfast
- Assemble the burrito as above, wrap the burrito in plastic wrap and store in the refrigerator or freezer, then microwave for 45-60 seconds