**Slow Cooker Breakfast Burritos**

By Chef Jen, RDN/LDN

**Ingredients:**
- 12 eggs (7 whole, 5 egg whites)
- 10 links turkey breakfast sausage (or sausage of choice)
- 1 medium bell pepper, diced
- ½ medium white onion, diced
- Optional: 1 small jalapeño diced,
- 1 15 oz can, small red beans (or black beans)
- ⅛ cup milk
- ⅛ cup nonfat plain Greek yogurt
- ⅛ tsp pepper
- ⅛ tsp salt
- 1 cup shredded cheddar or Mexican cheese blend
- 1 pack whole wheat flour tortillas
- Condiments: Salsa, chopped avocado or guacamole, sour cream or nonfat plain Greek yogurt, chopped cilantro.

**Preparation:**

1. In a medium skillet, sauté pepper and onion until just softened. Set aside and cool. If using fresh turkey sausage, remove casings and lightly brown meat, set aside and cool.

2. In a large bowl, crack eggs, mix in milk, yogurt, salt and pepper very well.

3. Grease, very well, the bottom and sides of slow cooker pot. Add onions, peppers, sausage then pour egg mixture and then top with Cheese and lightly mix. Set to low for 4-6 hours.

4. When mixture is set, mix well in pot. Gently warm tortillas. Scoop mixture into tortilla, add toppings of choice and enjoy!

5. To Freeze: let egg mixture cool. Warm tortillas ~ 10 sec in microwave for pliability. Scoop mixture into tortillas, roll up and set seam side down to cool. When cooled, wrap tightly in plastic wrap. Optional to wrap in aluminum foil or place into freezer safe gallon bag or container. Store in Freezer up to 2 months. To reheat: microwave on high for 1 ½ min-2 minutes or until 165°F.