

Frozen Mexican Breakfast Burritos

Yield: 16 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-breakfast-burritos-recipe>

Ingredients:

- 1 1/2 pounds ground beef
- 1 small yellow onion
- 1 bell pepper sweet
- 2 tablespoons taco seasoning homemade
- 2 teaspoons olive oil
- 12 eggs
- 1/2 cup milk
- salt
- pepper
- 3 cups shredded cheese your choice, I like pepper jack or Mexican blend
- 16 flour burrito shells

Nutrition:

1. Calories: 250 calories
2. Carbohydrate: 2 grams
3. Cholesterol: 210 milligrams
4. Fat: 18 grams
5. Protein: 19 grams
6. SaturatedFat: 8 grams
7. Sodium: 290 milligrams
8. Sugar: 1 grams

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