

# Burrito Bake

## Ingredients

- Butter - 2 Tbsp / 1 oz
- Potatoes, Diced - 1 Cup / 7 oz
- Onions, 1/2 Cup / 2 oz
- Bell Pepper, Red, Diced - 1/2 Cup / 2.5 oz
- Sausage - 1 cup / 6oz
- Eggs - 4 each / 8 oz
- Salt, Kosher - 1 tsp
- Pepper, Ground - 1/8 tsp
- Coriander, Crushed - 1/8 tsp
- Chili, Crushed - 1/8 tsp
- Whole Wheat Tortilla - 4 ea / 6oz
- Cheddar Cheese, Shredded 1/2 Cup / 3 oz

## Directions

1. Pre-heat an oven to 350F
2. In a saute pan - start by melting the butter of medium high heat. Add the potatoes, Onions and Bell Pepper and saute for 5 minutes until the onion is translucent.
3. Add the sausage to the pan and break into small pieces with a non stick spatula. Continue to cook until the sausage has cooked through.
4. Remove from the heat and allow to cool slightly.
5. In a mixing bowl, using a whisk, stir to combine the Eggs, and Seasoning.
6. Combine the sausage mixture into the bowl with the egg mixture. Stir to combine.
7. Prepare a loaf pan with non-stick spray.
8. Line with the tortilla. See assembly of the tortilla (class demonstration)
9. Sprinkle the cheese on top of the tortillas.
10. Add the combined mixture to the tortilla and cheese lined pan and top with a trimmed tortilla to make a cap. (See in class demo)
11. Place the loaf pan on a sheet tray and transfer to the oven. Bake for 45 minutes.
12. Allow to cool for 5 to 10 minutes. Score the edges of the pan with a small offset spatula and flip the loaf pan onto a sheet tray to remove.
13. Serve warm or slice into 8 portions and refrigerate for later use.



### Serving Size & Crediting

8 Servings  
1 Slice

M/MA 1.75 oz  
Grain .5  
Vege 1/8 cup  
\*Starchy