Breakfast Burritos

These freeze decently, but really need a very airtight bags. I have made a huge pile of them and frozen them for breakfasts during the next couple of weeks.

Whole wheat or vegetable tortillas

Red & yellow peppers

Yellow onion

White button mushrooms

Box of frozen spinach (thawed and drained)

Salsa

Cheddar cheese

Eggs

Sausage or bacon

Dice all the vegetables you want to use. Saute vegetables. Saute meat. Scramble eggs and mix in vegetables and meat. Heat tortillas so they are pliable. Put cheese in the center, put in some of the egg/vegetable/meat mixture. Roll tortillas. Either serve immediately or freeze.