

# Loaded Burritos

## Ingredients

- 2 cups frozen tater tots (*I buy the 365 tater puffs from whole foods—they are baked*)
- 2 tablespoons olive oil
- 8 links chicken breakfast sausage, casing removed (*I buy at trader joes*)
- 8 large eggs, lightly beaten
- 2 TBS cottage cheese
- Kosher salt and freshly ground black pepper, to taste
- 1 (16-ounce) can refried pinto beans or black beans
- 8 8 inch whole wheat tortillas
- 1 cup low fat shredded cheddar cheese or cheese of choice
- ½ green bell pepper diced
- 2 Roma tomatoes, diced

## Directions

1. Cook tater tots according to package instructions; set aside. (I used my air fryer)
2. While tater tots are cooking, heat olive oil in a large skillet over medium high heat. Add sausage and green bell pepper to the skillet and cook until browned, about 3-5 minutes, making sure to crumble the sausage as it cooks.
3. While sausage is cooking, mix eggs, salt pepper and cottage cheese in a medium mixing bowl and whisk together until smooth. Add eggs to the skillet and cook. I continue to stir the eggs until they are cooking through. Remove from heat.
4. Lay out tortillas and spread beans down center of tortillas; top with tater tots, sausage, eggs, cheese and tomatoes (About ⅓ cup of cheese on each burrito) Fold in opposite sides of each tortilla, then roll up, tightly and wrap in saran wrap. Place in the freezer and freeze up to a month (although they never last that long at our house!) You can use a sharpie to write the date on the outside.
5. To reheat, unwrap from plastic wrap and wrap burrito in a damp paper towel. Microwave for 3-4 minutes, or until heated through.
6. Enjoy!

MADE WITH LOVE

by Teresa Forehand