

## **Chorizo and Black Bean Breakfast Burritos**

Makes about 12 burritos (with 6" tortillas)

3/4 lb. chorizo (casings removed & crumbled if you are using links)

1 can black beans, drained and rinsed

1/2 cup salsa

5 whole eggs

4 egg whites

a couple splashes of milk or cream

salt and pepper

1 cup shredded cheddar cheese

10-14 flour tortillas (not the burrito sized ones; whole wheat tend to be a little bigger, hence the range I'm giving)

Heat a large skillet over medium high heat (I used my cast iron skillet, which I would recommend if you have one), and add the chorizo. Once browned, add the black beans, salsa and a little salt and pepper to taste, if necessary. Reduce heat and simmer until everything is heated through. Set aside.

Whisk together the eggs, egg whites, milk, and salt and pepper in a bowl . Scramble the eggs in a pan (make sure you don't overcook them; in fact, slightly undercooking them is good). Mix the scrambled eggs into the chorizo and black bean mixture.

Heat the tortillas until pliable (I like wrapping them in a slightly damp tea towel and microwaving for about 20 seconds.) Place a couple spoonfuls of the mixture onto the tortillas and top with 1-2 Tbsp. shredded cheese. Roll them up, burrito style. You can eat them as is, bake them, or zap them in the microwave to melt the cheese.