

Edible Perspective

2.21.14

Simple Breakfast Burritos for Two gluten-free // yields 2 burritos

- 1 cup chopped potatoes, *about 1/4-1/2 inch pieces – russet, sweet, yukon, etc.*
- 1/2 cup black beans, *rinsed and drained*
- 1 teaspoon minced garlic
- 1/2 teaspoon oregano
- pinch of cumin
- 3 large eggs
- 3oz grated sharp cheddar cheese, *or pepper jack*
- ghee or oil for cooking
- salt + pepper
- 2 gluten-free tortillas, *8-10 inch diameter*

optional toppings: *enchilada sauce, salsa, avocado, hot sauce, Greek yogurt, etc.*

Let tortillas come to room temperature.

Heat 2-3 teaspoons of ghee in a pan over medium heat. Add the potatoes, cover, and cook stirring frequently until tender and golden brown, about 8-12 minutes [cook time will vary depending on size of cubes]. Add the beans, garlic, oregano, cumin, and a few pinches of salt and pepper. Stir for about 30 seconds – 1 minute and then pour onto a plate.

Whisk the eggs vigorously until uniform in color. Wipe out your pan, reduce heat to med-low and add a bit more ghee. Once melted, slowly pour in the eggs and gently stir with a spatula [continuously] until just barely cooked, about 5-7 minutes. Lightly salt + pepper. You want to cook the eggs slowly to keep them extra creamy and soft. Place eggs on a plate. Wipe out or scrape your pan clean and place back to medium heat with a bit more ghee.

Place a sprinkling of cheese in the bottom-center region of each tortilla. Place half of the potato mixture and half of the eggs over top. Place more cheese on top, reserving a small amount. Fold in the sides and then fold the edge closest to you over the ingredients and start rolling, being sure to hold in the sides. Add the last bit of cheese just as you finish rolling and place in the hot pan seam side down. Gently press the top of the burritos for a minute or two until the cheese melts and holds together.

Cook until golden brown on both sides. Top and serve immediately.

Notes: If your tortillas are not soft and pliable place them in the microwave with a damp paper towel over top for about 12 seconds. Remove and start wrapping immediately while still warm. If burritos aren't wrapping easily remove a small amount of the filling and try again.