

## Make-ahead freezer breakfast burritos

Makes 4-6 burritos

1 tablespoon olive oil or spray oil  
2 cups frozen diced potatoes

6 large tortillas (10")  
1 (15oz) can black beans  
1 teaspoon chili powder  
1 teaspoon ground cumin  
2 garlic cloves, minced  
1/4 teaspoon salt  
2-3 small tomatoes, roughly chopped  
1/4 cup minced cilantro



Optional: baby spinach, chopped cooked bacon or vegetarian substitute, shredded cheese, salsa, green chiles

Heat oil in large pan. Add potatoes and cook until lightly browned. In a separate small pot, place rinsed beans and a small amount of water. Add chili powder, cumin, garlic, and salt. Heat for 10 minutes, stirring occasionally until water has reduced.

Microwave tortillas for 30 seconds to soften, then assemble burritos by placing about 1/2 cup potatoes and 1/4 cup of beans on each tortilla along with desired amount of tomatoes and cilantro. Add any additional toppings, if using. Roll tightly and wrap in foil. Freeze flat in freezer bag.

To reheat, remove foil and place burrito on plate. Microwave 2:30 to 3 minutes depending on microwave. If using toaster, bake at 325F for 30 minutes.

Adapted from *The 30 Minute Vegan* by Jennifer Murray and Mark Reinfeld



**University Health Center**  
*Student Affairs*  
**UNIVERSITY OF GEORGIA**

