

Vegetarian Black Bean Breakfast Burrito

Start-to-finish: 25 minutes

Hands-on time: 25 minutes

Makes 8 burritos

Ingredients

- 1/2 red onion
- 1 red bell pepper
- 1 tomato
- 1 avocado
- 1 cup black beans, drained and rinsed
- 8 large eggs
- 1/4 teaspoon salt plus more for sprinkling
- Freshly ground black pepper
- 1 tablespoon vegetable oil, plus more if needed
- Pinch red chile flakes
- 4-oz shredded Cheddar cheese
- Eight 12-inch spinach wraps, warmed
- Jarred salsa, sour cream and hot sauce as accompaniments

Method

1. On a large cutting board, dice the onion and pepper and transfer it to a small bowl. Dice the tomato and slice the avocado into separate piles. Drain and rinse the black beans and add them to the bowl of onion. Beat the eggs with the 1/4 teaspoon salt and a few grinds of pepper.
2. Heat a 12-inch skillet over medium high heat. Add the oil and when it shimmers, add the onion mixture to the pan. Sprinkle with chile flakes, a sprinkle of salt and a few grinds of pepper and sauté until the vegetables are tender, about 5 minutes. Transfer the vegetables back to the bowl.
3. Return the pan to medium heat adding more oil if necessary. When the pan is hot, add the eggs, sprinkle with cheese and scramble the eggs until soft curds form. Remove from heat.
4. Lay out the wraps on a work surface and divide the cooked vegetables and egg down the center. Be careful not to make it too full or it will be difficult to roll up. Sprinkle with cheese, salsa and sour cream and top with tomato and avocado. Drizzle with hot sauce if you like. Fold the sides over the filling and roll up from the bottom to enclose the burrito filling. Cut in half and eat while it's hot.
5. *Make-ahead:* You can make these up (omitting the sour cream) and freeze them for another day. Just wrap tightly in plastic wrap then transfer to a zip-lock freezer bag and freeze for up to 3 months. To reheat, microwave for 1 minute, turn and heat another minute or until warm.