



Recipes

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Traditional Breakfast Tacos

Prep Time: 7 Minutes

Cooking Time: 6 Minutes

Serves 12

Ingredients:

24 each 4.5" Heat Pressed Flour Tortillas (28671)

24 each Eggs

Non-stick Cooking Spray , as needed

1/2 cup Milk

24 oz. Breakfast Sausages , crumbled , cooked

24 oz. Shredded Three Cheese Cheddar Blend

24 oz. Black Beans , drained and rinsed

1 1/2 cups Tomatoes , chopped

1 1/2 cups Salsa Verde

1 1/2 cups Sour Cream

Directions:

1. Pre-heat a sauté pan to medium-low heat, spray with non-stick cooking spray. Beat eggs and milk together.

Cook until done, reserve.

2. To Plate Tacos: Place two warmed tortillas on a plate, and serve with sides of the following: 3.2 ounces cooked scrambled eggs, 2 ounces sausage, 2 ounces shredded cheese, 2 ounces black beans, 2 tablespoon tomatoes, 2 tablespoon Verde salsa, and 2 tablespoon sour cream.