

3 Dinners Mini Menu #13 - Breakfast for Dinner

Grocery List

18 eggs
Large Tortillas
Cooked Bacon
Avocado x2
Sweet Potato
Onion
Bell Pepper
6-8oz breakfast
sausage
White Rice
Black Beans
Salsa

@lowdoughfamily

Bacon, Egg & Avocado Wraps

6 eggs
favorite seasoning
4 large tortillas or wraps
4 slices cooked bacon
1 avocado, sliced or mashed
Shredded cheese (optional)

1. Scramble eggs in a skillet with favorite seasonings.
2. Warm tortillas in a skillet or microwave.
3. Layer each tortilla with eggs, bacon, and avocado. Add cheese if using.
4. Roll into wraps and serve warm.

Crispy Potato & Egg Skillet

1 medium sweet potato, peeled and diced
1/2 onion, chopped
1/2 bell pepper, chopped
6-8oz sausage (crumbled or chopped links)
4 eggs

1. Place diced sweet potato in a bowl with a splash of water.
2. Cover and microwave 3-5 minutes until just tender. Drain.
3. Heat oil in a skillet. Add sweet potato, onion, bell pepper, and sausage.
4. Cook until sausage is browned and veggies are soft.
5. Push to the side and scramble eggs in the same pan.
6. Stir everything together and season to taste.

Breakfast Burrito Bowls

1 cup uncooked rice
6 eggs
1 cup black beans, drained
1/2 cup salsa
1 avocado, diced
6 slices cooked bacon (chopped)
Optional: shredded cheese, sour cream, hot sauce

1. Cook rice in your preferred way (stovetop, rice cooker, etc.)
2. Scramble eggs in a skillet or cook them in your preferred method like sunny side up.
3. Warm beans and bacon in a pan or microwave.
4. Assemble bowls with rice, eggs, beans, bacon, salsa, and avocado.
5. Top with cheese or extras if desired.