

# Betty's Mexican-Style Sausage and Eggs Breakfast Wrap Recipe



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In this video, Betty demonstrates how to make a Mexican-Style Sausage and Egg Breakfast Wrap. Its a warm flour tortilla stuffed with omelet, sausage crumbles, seasoned green peppers and onions, and a shredded Cheddar/Monterey Jack cheese blend—a different way to have your sausage and eggs for breakfast!

Ingredients: (for 8 wraps)

1 pound pork sausage, browned, crumbled, and drained  
2 medium onions, sliced into rings (or half-rings)  
2 medium green bell peppers, washed, and cut into strips  
2 tablespoons extra virgin olive oil  
½ teaspoon chili powder  
½ teaspoon cumin  
4 eggs, well beaten  
salt and pepper (to season eggs)  
1 tablespoon butter or margarine  
8 large-sized flour tortillas  
finely shredded cheddar cheese-Monterey Jack cheese mixture

Brown 1 pound of pork sausage, drain it, and use paper toweling to remove as much grease as possible. Place it in a serving bowl and set aside. In a medium-sized skillet, heat 1 tablespoon olive oil, and then add ¼ teaspoon chili powder, ¼ teaspoon cumin, and 2 sliced onions. Saute over low heat until clear, place in a serving bowl, and set aside. In a medium-sized skillet, heat 1 tablespoon olive oil, and then add ¼ teaspoon chili powder, ¼ teaspoon cumin, and 2 green peppers (cut into strips). Saute over low heat until softened, place in a serving bowl, and set aside. In a small skillet, heat 1 tablespoon butter or margarine. Salt and pepper beaten eggs. Pour half of the egg mixture into the heated small skillet, and quickly make a small 2-egg omelet. Turn this out on a serving dish, and repeat the process to make a second small omelet. (Additional butter or margarine is optional.) Slice the omelets into 1-inch wide strips on the serving plate. Now, start assembling your breakfast wrap. Take a large-sized flour tortilla, and add a strip of omelet, followed by crumbled sausage, sautéed green pepper, and sautéed onions. Top with finely shredded Cheddar-Monterey Jack cheese blend. Now, roll your tortilla, by folding in the sides, and folding in the bottom end. Roll, continuing to keep the sides pushed in, until the tortilla is completely rolled. Make as many of these as you need, omitting or adding any items to your taste. Serve with taco sauce, and a cup of hot tea! This breakfast starts the day of happily!