



Breakfast Burrito Bowls

Serves 4-6

Ingredients:

Ground Turkey Meat:

- 1 lb. ground turkey meat
- 1 Tbs. Avocado or olive oil
- 1 small onion
- 3 cloves garlic, minced
- 1 15-ounce can black beans, drained and rinsed
- 1 15-ounce can diced tomatoes
- *Seasoning* (optional, store bought favorite):
- 2 teaspoons ground cumin
- 2 teaspoons chili powder
- 1 teaspoon paprika
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon salt
- 1/2 teaspoon ground pepper

Eggs: 4-8 eggs

Potatoes: 20oz. shredded potato hash browns

Additions: Hot sauce, ketchup, salsa, avocado, guacamole, cheese, scallions, fresh cilantro, diced peppers, sour cream.

Directions:

1. Preheat oven to 400 degrees. Prep an extra large sheet pan with parchment paper & cooking spray.
2. Add the shredded hash browns and then add olive oil, garlic powder, paprika, kosher salt, and a few turns of freshly cracked pepper. Toss the hash browns together well spread evenly into one layer.
3. Bake the hash browns for about 26-27 minutes, rotating the pan once about half way through, until the underneath of the hash browns are golden and crispy.
4. While hash browns cook, heat the olive oil in a large skillet over medium high heat.
5. Add the diced onion and ground turkey. Cook and stir occasionally to break up the meat and brown on all sides.
6. Stir in the garlic, black beans, whole can of diced tomatoes, and all seasonings.
7. Simmer and stir, blending flavors and allowing beans and tomatoes to soften and sauce to thicken, approximately 5-10 minutes.
8. Set aside turkey meat in a bowl and wipe skillet clean, or use a second skillet to fry or scramble eggs, as desired.
9. Assemble breakfast bowls with potatoes, turkey taco meat, eggs, and delicious burrito-inspired toppings of choice!

Storage:

Refrigerator - Store in an air tight container for up to 5 days.

Freezer - Make sure all ingredients are completely cooled before freezing. Add to a freezer safe container without toppings. Freeze up to 3 months.

Reheat - Heat in the microwave in 30 seconds intervals stir each time until warmed through. From frozen: Defrost setting for one minute then heat in 30 second intervals stirring after each time until warm.