

DINNER

Sausage and Egg Burrito

6 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
20 min	4	\$1.15	313 kcal



Sausage and Egg Burrito is a Mexican main course. For \$1.15 per serving, this recipe covers 17% of your daily requirements of vitamins and minerals. This recipe makes 4 servings with 313 calories, 18g of protein, and 17g of fat each. This recipe is liked by 1 foodies and cooks.

Ingredients

- ☐ ½ medium ripe avocado, chopped
- ☐ 2 teaspoons butter
- ☐ 6 large eggs, lightly beaten
- ☐ 4 garlic cloves, coarsely chopped
- ☐ ¼ teaspoon kosher salt, divided
- ☐ ¼ cup thinly vertically sliced red onion
- ☐ ¼ teaspoon freshly ground black pepper, divided
- ☐ 15 ounce organic pinto beans, rinsed, drained, and mashed
canned
- ☐ 4 8-inch (8-inch) whole-wheat flour tortillas
- ☐ ¼ cup thinly sliced green onions
- ☐ 1 tablespoon fresh lemon juice
- ☐ 2 ounces reduced-fat pork sausage

☐ 1/3 cup thinly sliced radish

☐ 1 serrano chile, thinly sliced

EQUIPMENT Bowl, Frying pan

Method

- 1 Combine first 4 ingredients in a bowl; sprinkle with 1/8 teaspoon salt and 1/8 teaspoon black pepper. Toss gently to coat.
- 2 Melt butter in a medium nonstick skillet over medium heat.
- 3 Add garlic and sausage to pan; cook 3 minutes or until sausage is browned, stirring to crumble. Stir in eggs; sprinkle with remaining 1/8 teaspoon salt and 1/8 teaspoon pepper. Cook to desired consistency, stirring to scramble.
- 4 Remove from heat.
- 5 Heat tortillas according to package directions.
- 6 Place 1 tortilla on each of 4 plates. Divide beans evenly among tortillas, spreading to a thin layer, leaving a 1/4-inch border. Divide egg mixture evenly among tortillas; top with radish mixture and chile slices.
- 7 Roll up each burrito jelly-roll fashion.
- 8 Sprinkle 1 tablespoon green onions over each serving.

Nutrition per serving

	313 KCAL	18 g PROTEIN	17 g FAT	23 g CARBS
Saturated Fat				5.6 g · 35% of daily needs
Fibre				7.3 g · 29% of daily needs
Sugar				2.5 g · 3% of daily needs
Sodium				651 mg · 28% of daily needs
Cholesterol				295 mg · 98% of daily needs
Vitamin C				9.8 mg · 12% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/sausage-and-egg-burrito-148230