KATIE'S KITCHEN

Bacon, Egg & Cheese
Breakfast Meal Prep

12 burritos | 2 breakfast bowls | Extra bacon bits

INGREDIENTS

- 4 packages bacon
- 16 large eggs
- 1/8 cup whole milk (2 tbsp)
- 2 cups shredded cheddar cheese
- 12 regular-size flour tortillas
- Garlic powder, to taste
- Onion powder, to taste
- Black pepper, to taste

HOW TO MAKE IT

1. Cook the bacon
Cook all four packages until done.

2. Chop the bacon
Cool slightly; chop into small pieces.

3. Scramble the eggs
Whisk eggs, milk and seasonings.

Scramble until cooked through.

4. Add cheese
Stir cheddar into the warm eggs.

5. Fill the burritos
Divide eggs and bacon among 12

tortillas, then fold and roll.

6. Make breakfast bowls
Portion remaining eggs and bacon

into two containers.

7. Save extra bacon
Set aside leftover bits for salads.

A LITTLE MEAL-PREP NOTE

Let food cool briefly, then refrigerate promptly in covered containers.

Keep refrigerated portions for 3-4 days; freeze the rest for later.

Reheat until hot throughout (165°F for leftovers).

Swap cheddar for your favorite shredded cheese if you like!

A little prep, a lot less morning chaos.