




Tortilla Breakfast Cups

 Yields 24

 Oven: 10 minutes

 Total Cost: \$9.43

INGREDIENTS

10 ct flour tortilla shells (\$2.00)

1 lb sausage, browned (\$2.94)

6 eggs (\$1.86)

1 cup shredded cheese (\$1.12)

1 red pepper, diced (\$1.48)

1 tsp Italian seasoning (.01¢)

1/2 tsp onion powder (.01¢)

1/2 tsp garlic powder (.01¢)

For Serving:

6 cups cooked rice (\$1.80)

NOTES

Any flavor tortilla shells can be used. I had spinach and regular, so I used those.

These are great for freezing and using as a quick breakfast on the go during the week.

Items needed:

Cooking spray

2 - 12 ct Muffin pans

Large mixing bowl

3" round cookie cutter (or wide mouth mason jar ring)

Directions:

1. Spray muffin pan with cooking spray.
 2. Cut tortilla shells into 3" circles. Place round shells into muffin pan. Set muffin pans aside.
 3. Brown sausage and drain grease.
 4. Mix eggs, half the cheese, and seasonings in large bowl. Mix well.
 5. Spoon egg mixture into muffin shells.
 6. Place a spoonful of sausage in each cup. Top with the diced red peppers.
 7. Bake at 350° for 10 minutes. Top with rest of the cheese and bake 5 minutes more.
 8. Serve with sour cream and salsa.
- Enjoy!

Cuisine:

Breakfast, Mexican