



Breakfast Tacos

Prep time: 5 min

Cook time: 10 min

Makes: 2 tacos

INGREDIENTS

- 2 eggs
- 1 Tablespoon milk or water
- Salt to taste
- Black pepper to taste
- 1/4 cup canned black beans or pinto beans, drained and rinsed
- 2 6" tortillas, flour or corn
- 1/2 Tablespoon oil or butter
- 1/4 cup shredded cheese (such as cheddar, Monterey jack, or queso fresco)
- 1/4 cup salsa (*optional*)

DIRECTIONS



Start with clean hands!
Wash your hands with soap and water.

1. Crack eggs into small bowl. Add milk/water, salt, and pepper and whisk with fork until combined. Set aside.
2. Place beans in a microwave-safe bowl, cover, and cook on high heat in the microwave for about 1 minute. Set aside.
3. Heat a skillet or frying pan (nonstick recommended) over medium heat.
4. One at a time, place tortillas in heated pan for about one minute per side. The tortillas should be softer and more flexible. Set tortillas aside, covered in clean cloth or paper towel to keep warm.
5. In the same heated skillet, add oil or butter.
6. Add eggs and cook, stirring frequently with a rubber spatula or a wooden spoon, for about 2-4 minutes. Eggs are done when they do not look wet anymore. Remove eggs from heat.
7. Fill tortilla shells with cooked beans, eggs, shredded cheese, and salsa. Add any other toppings as desired. Enjoy!

Other taco filling ideas:

- diced and roasted potatoes
- sauteed onions and peppers
- chopped cilantro
- plain Greek yogurt
- sauteed mushrooms
- fresh chopped tomatoes
- spinach