

Breakfast Burrito

A Freeze Dried Pantry Recipe

This recipe is a freeze drying pantry recipe using individual freeze drying ingredients. This works best if the ingredients are layered in the following order.*

[Live. Life. Simple's: Freeze Dried Breakfast Burrito on the Go! - - Freeze Dried Pantry Series](#)

Ingredients: FD = Freeze Dried

4 Tbsp FD cooked Sausage
Crumbles
½ Cup FD blanched Potato
Cubes
¼ Cup chopped FD Kale
½ Cup FD Bell Peppers
1 tbs FD chopped
Jalapeno
½ Cup FD Mushroom pieces
¼ Cup FD chopped Onions
½ Cup FD Egg Powder
½ Cup FD Cheese Powder

Tortilla shells
FD Salsa (optional)



Directions:

1. Add ingredients in the order given on the list in layers.
2. Rehydrate allowing for potatoes to soften and partially cook in the hot water
3. Cook mixture like a scramble and add to a soft shell tortilla
4. Add optional salsa or guacamole (freeze dried is best!)

Cycle Time: NA

Rehydration: add 2 cups of hot water and let stand 2-3 minutes after thoroughly mixing. Make sure potatoes have time to soften.



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Cycle times & rehydration for reference only

* Large Tray = 8 Cups/tray Medium = 6 Cups/Tray Small = 4 Cups/Tray