

# Breakfast

- [Breakfast Bagels](#)
- [Breakfast Burritos](#)
- [Pancakes](#)

# Breakfast Bagels

Makes 6 breakfast bagels

## Ingredients

Some butter

6 bagels

6 eggs

12 sausage links

Enough cheese for 6 bagels

Optional but recommended: Sliced tomato & pickle

## Instructions

1. Put a pan on the stove and coat the bottom with butter.
2. Crack 6 eggs into the pan and mix until vaguely scrambled. Cover and heat on medium-low heat.
3. While the eggs are cooking, slice your cheeses and cut the sausage links in half long-ways.
4. Prepare your bagels (move them by the rest of your
5. Once the eggs have finished cooking (should look like a big egg pancake) turn off the heat and use a spatula to free up the bottom.
6. Use the spatula to cut the eggs into 6 equal parts the way you would cut a pizza.
7. Pull apart a bagel into two halves and add 4 sausage link halves flat side down.
8. Add the cheese.
9. Take one slice of the egg 'pizza' and fold it in half tip to crust. Place this on the sausage and cheese.
10. Top off the bagel with the other half. Wrap in foil (or your favorite wrapping item) and refrigerate/freeze.

## Reheating Instructions

1. If frozen, thaw for at least 24 hours (proceed at your own risk if you can't wait)
2. Unwrap bagel and disassemble like an open-face sandwich.
3. Heat in a 350° toaster oven (without preheating) for 20-30 minutes.
4. Add a slice of tomato and close back up to enjoy,

# Breakfast Burritos

Makes 24 breakfast burritos

## Ingredients

5 russet potatoes  
1 onion  
1 pound breakfast sausage  
18 eggs  
24 medium tortillas  
2 jars salsa  
4 cups shredded cheese  
Relish?  
Salt and pepper to taste

## Instructions

1. Dice the potatoes and boil until soft. Drain and mash
2. Cook all the eggs as desired, scrambled is the easiest
3. Dice the onion and soften in a pan until it is almost done
4. Add the sausage to the pan and cook it with the onion until both are done
5. Mix the potatoes, eggs, sausage, onion, salt, and pepper in a large mixing bowl
6. Soften the tortillas in a pan and scoop in a healthy portion of the mix
7. Pour some salsa on top (or split the mix and make a small pocket) along with some shredded cheese
8. Roll the burrito up and wrap in foil
9. Freeze for later, defrost at least 24 hours in advance in the fridge
10. Cook at 250°F for 40-50 minutes or more for less time

## Source

[https://www.reddit.com/r/MealPrepSunday/comments/9qe9xc/26 breakfast burritos for my son and i these make/](https://www.reddit.com/r/MealPrepSunday/comments/9qe9xc/26_breakfast_burritos_for_my_son_and_i_these_make/)

# Pancakes



Makes 6 medium pancakes

## Ingredients

1½ cups all-purpose flour  
3½ teaspoons baking powder (1 rounded tablespoon)  
1 teaspoon salt  
1 tablespoon white sugar  
1¼ cups milk  
1 egg  
3 tablespoons melted butter

## Instructions

1. In a large bowl, mix the flour, baking powder, salt, and sugar until combined.
2. Pour in the milk, egg, and melted butter, taking care not to cook your egg with the butter if it's too hot.
3. Mix the batter to your desired consistency or until smooth.
4. Heat an oiled pan or griddle over medium-low to medium heat.
5. Pour your batter into the pan making pancakes of your desired size.
- 5a. Add any extras to your batter now that it's in the pan (chocolate chips, blueberries, etc...)
6. Once the edges start to brown, flip and cook until done.
7. Remove from the pan and enjoy with your favorite pancake toppings.

## Source

<https://www.allrecipes.com/recipe/21014/good-old-fashioned-pancakes/>