INGREDIENTS

- ½ tbsp Olive Oil
- 1 cup Frozen Hash Browns
- 8 oz Cooked Ham, diced
- 12 eggs
- 1 tbsp Taco Seasoning
- 1, 4.5 oz can Green Chiles

DIRECTIONS

- Heat olive oil in a large skillet. Add hash browns and cook for 1 minute, stirring continuously. Add ham and continue to cook, stirring occasionally until hash browns and ham have both browned (8-10 minutes).
- 2. Meanwhile, in a large bowl, lightly whisk eggs with taco seasoning. When hash browns and ham have browned, pour the eggs into the skillet. Cook, stirring frequently until the eggs have set. Stir in the green chilies, cheese and cilantro.
- 3. Warm the tortillas and put 1/8 of egg mixture down the center of each tortilla. Roll up like a burrito and wrap tightly in foil. Store in a Ziploc bag in the refrigerator or in a cooler.
- 4. When ready to cook, place wrapped burritos on hot coals next to fire. Let burritos sit on the coals, turning once, until heated through (10-15 minutes).

- 2 cups Shredded Cheddar Cheese
- ¼ cup Cilantro, chopped
- 8 Whole Wheat Tortillas



Recreation and Wellness Center

UNIVERSITY OF COLORADO COLORADO SPRINGS



Campfire Breakfast Burritos

High Protein | Vegetarian |

Yield:		Prep Time:	Cook Time:
8 Servings		5 Min	25 Min
	TION FACT	rs	
Calories:	Fat:	Carbohydrate:	Protein:
376 kcal	19 g	32 g	27 g