



# Nourish Cowichan's: Breakfast burrito

This recipe was provided by **Fatima DaSilva** from **Nourish Cowichan**.

Yield: 50 servings

Serving Size: 1 burrito

## Ingredients

- 80 ml (1/3 cup) olive oil
- 550 g (8 cups) of finely chopped cauliflower
- 2 medium diced sweet onion
- 4 diced bell peppers
- 24 large eggs whisked with a 1 tbsp ground cumin
- 8 diced tomatoes
- 4 cups of cooked white beans (or other beans or even small, diced yams)
- 6 cups of grated cheese of preference (it can be mixed cheeses, we mix feta and cheddar)
- 2 bunch of chopped green onions
- 1 bunch chopped parsley (optional)
- Salt to taste
- 50 Tortilla wrappers of your choice
- Optional: salsa, cilantro

## Method

### Step 1

In a large skillet over medium/high heat with the olive oil sauté the onions, cauliflower, peppers until soft (5 to 7 minutes).

### Step 2

Add the eggs, diced tomatoes and cooked beans , stir continuously until eggs are cooked.

### Step 3

Remove from heat and add green onions, grated cheese and parsley.

### Step 4

Add salt to taste.

### Step 5

Let cool before assembling with your tortilla wrappers. You may add salsa if you wish and other herbs such as fresh cilantro.

## HACCP

- Cook eggs until internal temperature reaches 74° C for at least 15 seconds.
- Cooling: from 74° C to 20° C in 2 hours AND from 20° C to 4° C within the next 4 hours. If not achieved, throw out.
- Cold Holding: When cooled to 4° C, cover and store at 4° C. If more than 4° C for 2 hours, throw out.
- Reheating: Reheat to 74° C in less than 2 hours. If reheating takes more than 2 hours, throw out.