

# Breakfast taco bowl

This was an easy one.

Leftover seasoned taco meat (4 oz)

1/2 tbsp butter

4 eggs

1/4 cup milk

Diced veggies of your choosing

1/4 cup shredded cheese

Instructions:

Heat skillet to medium

Melt butter

Place taco meat in skillet

Beat eggs with milk in a mixing bowl

Once taco meat is soft (1-2 minutes), add scrambled eggs to skillet and reduce heat to medium low (3/8 for me).

Cook / flip / stir until cooked as well as you like your eggs.

Cheese on top when you are done, or cook it in for the last 2-3 minutes.

Notes:

I used onions which went in after the meat heated up and before the eggs. I usually like to soften onions with direct heat for about 30 seconds. So you will want to make sure your pan is large enough that the taco meat does not cover the

bottom. Peppers should be treated this way also.

Tomatoes went in about 2-3 minutes before eggs were done.

Add hot sauce and/or sour cream to your liking.

Edit: Makes 2 servings. This bowl is half of what was made.  
And formatting, clarity.