**Tacos**

INGREDIENTS

1 pound ground beef

½ packet of taco seasoning

1/3 cup of water

1 cup refried beans

1 tomato

¾ cup cheese

1 taco shell per person

DIRECTIONS

1. Brown beef with taco seasoning and water. Drain any accumulated fat.
2. Incorporate refried beans with the browned beef.
3. Dice tomato.
4. Prepare tacos with beef and bean mixture, tomato, cheese, salsa in a hard taco shell.

**Breakfast Burritos**

INGREDIENTS  
4 Eggs

1 tablespoon water

1/8 teaspoon salt

½ tablespoon butter

¼ pound pork sausage

¾ cup cheddar cheese

1 (6 inch) tortilla per person

½ Avocado

Tomato Salsa

DIRECTIONS

1. Whisk together the eggs, water, and salt in a large bowl. Heat butter in a large skillet over medium-high heat. Pour in the egg mixture; cook and stir until eggs are completely set, about 5 minutes. Chop the cooked eggs and place in a large bowl. Set aside.
2. Heat a large skillet over medium heat and stir in the sausage. Cook and stir for 5 minutes. Continue cooking and stirring until the sausage is crumbly, evenly browned, and no longer pink. Drain and discard any excess grease.
3. Combine the sausage with the eggs. Allow mixture to cool to room temperature, then stir in the Cheddar cheese.
4. Place a tortilla onto your work surface, then spoon some of the filling halfway between the bottom edge and the center of the tortilla. Flatten the filling into rectangle shape with the back of a spoon. Fold the bottom of the tortilla snugly over the filling, then fold in the left and right edges. Roll the burrito up to the top edge, forming a tight cylinder. Repeat with the remaining ingredients.
5. Top with salsa and avocado. Then ENJOY!