



Mini Breakfast Tacos

Maintenance to be mixed into your breakfast sandwich:
ground meats (beef, chicken, or turkey) and/or egg

Ingredients:

- 2 teaspoons vegetable oil
- ½ lb ground Mexican chorizo
- 2 russet potatoes, peeled and cubed into ½ inch cubes
- 1 medium yellow onion, diced
- Salt and black pepper, to taste
- corn or flour tortillas
- Chopped cilantro
- Optional: salsa
- Optional: sour cream
- Optional: shredded cheese



Instructions:

1. Heat vegetable oil in a large skillet over medium-high heat.
2. Add chorizo and brown, breaking into crumbs until fully cooked and slightly crispy.
3. Transfer chorizo to a plate, reserving grease in the skillet
4. Add potatoes and onions to the skillet, season with salt and pepper to taste, and saute into chorizo grease (add vegetable oil as needed). Cook until potatoes are tender on the inside and crispy on the outside, about 12-15min.
5. Microwave or char tortillas over an open burner flame, until pliable and warm
6. Top tortilla with potato and chorizo mixture
7. Add your maintenance/treatment egg or maintenance meats.
8. Add your salsa, sour cream, shredded cheese
9. Serve or store in the refrigerator for 5 days

Storage:

- Refrigerate for up to 5 days
- Make mini breakfast burritos or wraps. Store for 3 months

Please carefully review the ingredients listed above. It is your responsibility to ensure that your child can safely enjoy any of our Southern California Food Allergy Recipes or other food-related documents. Each child in our program has a unique allergic profile and is at a different stage in their journey to food freedom. Use good judgment. If your child has not yet been cleared to consume the foods listed above then choose another recipe or substitute accordingly.

This Recipe Contains The Following Top 8 Allergens As Primary Ingredients: egg