

Vegetarian Breakfast Tacos

Tacos vegetarianos de huevo

Ingredients

- 1/3 lb (150 g) vegetarian chorizo or any other Mexican vegetarian sausage
- 1 tbsp vegetable oil
- 4 eggs
- ¼ cup milk (any kind, even water will do in a pinch)
- 4 corn tortillas
- Toppings (prepare first): shredded lettuce, sliced avocado, chopped onions
- Mayonnaise
- Bottled red sauce, such as Cholula™ or Red Hot™ (optional)

Slice chorizo (or sausage) into thin discs. Add vegetable oil to a pan, and fry discs over medium heat, flipping occasionally until crisped on both sides (do not overcook.) Meanwhile, beat the eggs with milk (or water). Pour the egg mixture in with the crisped sausage, stirring and flipping, and breaking the eggs into chunks until firm.

Once the eggs are almost ready, warm up the tortillas as directed in the package. Divide the filling amongst the tortillas, then top with lettuce, avocado, onions and mayonnaise to taste, and sprinkle sauce if using. Roll tightly and eat immediately.

Note: Wrapping a taco in a napkin provides a portable breakfast.

