

Messy Mug Meal: *Burrito*

THM-Friendly: S

- 1 low-carb tortilla (small) or [Wonder Wrap](#)
- 1 whole egg
- 1 Tbsp. beans of your choice (I used black beans)
- chopped onion, optional
- fresh spinach, optional
- 1 Tbsp. or so of salsa
- 1 Tbsp. or so of cheese of your choice

Cut an X in the middle of the tortilla, then gently fold it into a large (20 oz.) mug, or cut it into pieces and layer it.

Crack the egg into your mug, and the rest of the ingredients; break up the egg a little bit.

Put in the microwave for one minute. Mix it up then cook for one more minute.

Repeat until the egg is cooked. Top with sour cream and salsa, if you desire.

enJOY!

NOTE: It is a wise idea to put your mug on a plate - unless you want to clean your microwave, that's entirely up to you.



<https://www.joyfullifewithkj.com/messy-mug-meals/burrito>

