

## Sausage, Egg, and Cheese Breakfast Roll-Ups: A Grab-and-Go Morning Treat

Mornings just got a whole lot easier and tastier with these



**TIME**  
**30 min**

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**SAVE**  
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**SOURCE**  
**ChefManiac**

### INGREDIENTS

- 4 large flour tortillas
- 1 lb breakfast sausage
- 6 large eggs
- 1 cup shredded cheddar cheese
- Salt and pepper to taste
- 1 tablespoon butter (for cooking eggs)
- Cooking spray (for greasing the pan)

#### Instructions:

**Cook the Sausage**Heat a large skillet over medium heat. Cook the breakfast sausage, breaking it into crumbles, until browned and fully cooked. Drain any excess fat and set aside.

**Scramble the Eggs**In a separate pan, melt the butter over medium heat. Crack the eggs into a bowl, whisk with a pinch of salt and pepper, and pour into the pan. Cook, stirring gently, until the eggs are set (about 3-4 minutes). Remove from heat and set aside.

**Assemble the Roll-Ups**Lay each tortilla flat on a clean surface. Evenly distribute the cooked sausage, scrambled eggs, and shredded cheddar cheese down the center of each tortilla.

**Roll the Tortillas**Roll each tortilla tightly, folding in the sides to secure the filling.

**Cook the Roll-Ups**Heat a non-stick skillet over medium heat and lightly grease with cooking spray. Place the rolled tortillas seam side down in the skillet. Cook for 2-3 minutes per side, or until

golden brown and the cheese is melted.

Serve Slice each roll-up into bite-sized pieces if desired and serve hot. Enjoy your delicious breakfast roll-ups!

Pro Tips:

Make It Ahead: Prepare the roll-ups in advance, wrap them in foil, and reheat in the oven or microwave.

Add Veggies: Include sautéed bell peppers, spinach, or diced tomatoes for added flavor and nutrition.

Switch It Up: Substitute sausage with bacon, ham, or a plant-based alternative.

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10. These : Sausage, Egg, and Cheese Breakfast Roll-Ups are the ultimate morning pick-me-up. Whether you're meal-prepping for the week or need a quick breakfast before heading out the door, this recipe is sure to become a family favorite.
11. Check out the original recipe on I : Wuv Cooking and let me know how you liked it. Don't forget to share this recipe with your fellow breakfast lovers-it's too good to keep to yourself!

**More recipes: [ChefManiac.com](https://chefmaniac.com)**

Original recipe: <https://chefmaniac.com/sausage-egg-and-cheese-breakfast-roll-ups-a-grab-and-go-morning-treat/>