

## Sausage, Egg, and Cheese Breakfast Roll-Ups (Easy Freezer-Friendly Morning Wraps)

Sausage, Egg, and Cheese Breakfast Roll-Ups ?



**TIME**  
**30 min**

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**ChefManiac**

### INGREDIENTS

- 1 lb breakfast sausage
- 6 large eggs
- 1/2 cup shredded cheddar cheese
- 1/4 cup milk
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 4 large flour tortillas
- Butter or oil for greasing

### DIRECTIONS

- 1.** Cook the Sausage: Heat a skillet over medium heat. Cook the breakfast sausage until fully browned and cooked through. Break it into crumbles as it cooks. Drain excess grease and set aside.
- 2.** Prepare the Eggs: In a bowl, whisk together the eggs, milk, salt, and black pepper until smooth.
- 3.** Heat a lightly greased skillet over medium heat. Pour in the egg mixture and cook gently, stirring frequently, until the eggs are soft, fluffy, and fully cooked. Remove from heat.
- 4.** Assemble the Roll-Ups: Lay each tortilla flat on a clean surface.
- 5.** Sprinkle cheddar cheese in the center.
- 6.** Add a portion of sausage.
- 7.** Top with scrambled eggs.
- 8.** Add a little more cheese for that melty finish.
- 9.** Keep the filling centered for easier rolling.
- 10.** Roll the Tortillas: Fold in the sides of the tortilla, then roll tightly from the bottom up, burrito-style. Make sure the seam is secure underneath.
- 11.** Crisp Them Up: Heat a skillet over medium heat and lightly grease with butter or oil.
- 12.** Place the roll-ups seam side down. Cook for 2-3 minutes per side until golden brown and crispy.
- 13.** That crispy exterior makes all the difference.

### SWAPS & NOTES

Sausage Options: Use spicy breakfast sausage for extra heat.

Try turkey or chicken sausage for a lighter option.

Swap in plant-based sausage if you prefer meatless.

Cheese Choices: Pepper Jack adds kick.

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

Original recipe: <https://chefmaniac.com/sausage-egg-and-cheese-breakfast-roll-ups-easy-freezer-friendly-morning-wraps/>