

Savory Sausage and Cheese Wraps

These delightful sausage wraps are packed with flavorful sausage and melted cheese, all wrapped in a soft tortilla for a quick and satisfying snack or meal. Perfect for any time of day!



15 min

Total time

easy

Difficulty

400

kcal / serving

Nutrition per serving (estimated)

Protein 18 g



Carbs 32 g



Fat 21 g



Fiber 2 g · Sugar 3 g · Sodium 900 mg

Ingredients

- 1 large flour tortilla
- 1 sausage link (your choice: pork, chicken, or plant-based)
- 1/4 cup shredded cheese (cheddar or mozzarella)
- 1 tablespoon mustard or your favorite sauce
- 1/4 cup diced bell peppers (optional)
- Salt and pepper to taste
- Cooking oil (for frying)

Substitutions

Flour tortilla – A same-size whole-wheat tortilla

Cheddar or mozzarella – Monterey Jack, shredded

Mustard – Mayonnaise

Bell peppers – Diced onion

Steps

- 1 In a skillet, heat a little cooking oil over medium heat. Cook the sausage link for about 5–7 minutes, turning occasionally until browned and cooked through.
- 2 Remove the sausage from the skillet and let it cool slightly. Slice it lengthwise.
- 3 Place the tortilla on a flat surface, spread the mustard or sauce evenly, and layer the sausage slices on top.
- 4 Sprinkle shredded cheese and diced bell peppers over the sausage, and season with salt and pepper.
- 5 Roll the tortilla tightly around the filling to form a wrap.
- 6 Place the wrap seam-side down in the skillet and cook for 2–3 minutes on each side until golden brown and the cheese is melted.
- 7 Remove from the skillet, slice in half, and serve warm.

Chef's tips

- A well-browned wrap should feel crisp outside, with the cheese soft and stretchy inside.
- Avoid overfilling: too much sauce or filling can make the tortilla split or turn soggy.
- A nonstick skillet and a wide spatula make it easier to keep the wrap intact while turning.

Drink pairing

A crisp pilsner

Its clean, refreshing finish complements the savory sausage and melted cheese without overpowering the wrap.

0% option: Sparkling water with a squeeze of lemon

Storage

Refrigerate leftovers within 2 hours in an airtight container and use within 3–4 days. Reheat until steaming hot; the tortilla may soften after storage.

Frequently asked questions

How can I tell when the sausage is cooked through?

It should be browned and hot throughout with no raw-looking center when sliced. Follow the package guidance for the sausage you use.

Can I prepare the wraps ahead?

For the best texture, assemble and brown them just before serving. You can dice the peppers and shred the cheese ahead, then refrigerate them separately.

What can I serve with these wraps?

Pair them with a simple green salad, crunchy slaw, or fresh fruit for an easy meal.