

Betty's Fantastic Spicy Mexican Omelet Recipe



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In this video, Betty makes a Mexican omelet for two for Sunday morning breakfast. It's nice and spicy, chock-full of tasty fresh vegetables, and mouth-watering! You'll love it!

Ingredients:

6 whole uncooked eggs (I use 4 yolks and all 6 whites.)
1/2 tablespoon of margarine for sauteing vegetables
1/4 cup green bell pepper (chopped fine)
1/4 cup red bell pepper (chopped fine)
1/4 cup onion (chopped fine)
1/4 teaspoon chili powder
pinch of cumin
salt to taste for eggs
black pepper to taste for eggs
1/2 cup shredded Mexican-style cheese

First, melt 1/2 tablespoon of margarine in a saucepan. Add 1/4 cup chopped green bell pepper, 1/4 cup chopped red bell pepper, 1/4 cup chopped onion, 1/4 teaspoon chili powder, and a pinch of cumin. Stir together and place over heat. Cook for about 5 minutes, until the onion is clear. Now, melt 1 tablespoon of margarine in a medium to large skillet or saucepan. Turn off the heat while you prepare your eggs for the omelet. Place 6 eggs in a medium to large mixing bowl, and use an electric mixer to beat the eggs until they are frothy and completely well beaten. Add salt and pepper to taste. (I use fresh ground peppercorns.) Next, heat the skillet of margarine until it is hot, but not smoking. Pour the eggs into the hot skillet. The eggs will cook around the edges before they cook in the center, so you need to lift the omelet at an edge and let the top liquid flow underneath a couple of times. Keep an eye on the heat--you do not want the omelet to burn. When the omelet is fairly solid (but still light), turn it over in the skillet. It will take only a few seconds to cook on the bottom, so this is the time for you to spread the cooked vegetables over one side of the omelet. Also, sprinkle most of the 1/2 cup of shredded cheese over the vegetables. Now, fold the half of the omelet that has no vegetables to cover the half with the vegetables and cheese. It will form a half-moon shape. Sprinkle the remaining shredded cheese over the top of the completed omelet. Move the omelet immediately to a serving plate, cut into two portions, and serve immediately. This recipe will be a return visitor to your breakfast table (lunch and dinner, too)!