

Farm House Omelet

Ingredients:

4 Fresh eggs

1 tablespoon butter

¼ red bell pepper, sliced small

1 green onion, sliced fine

½ link of sausage, diced small

2 slices of bacon, diced small

½ cup Monterey Jack cheese, shredded

Salt and Pepper to taste

Instructions:

Cook bacon and sausage in a non-stick omelet pan over medium heat, then remove. Add the veggies, cook them a little bit using the bacon grease, then remove. Whisk the eggs in a bowl. After wiping it clean with a paper towel, add butter to the same pan and melt over medium heat, making sure it covers the entire bottom of the pan. Then pour in eggs. With a rubber spatula or wooden spoon, starting from the outer edge, scrape the egg towards the middle of the pan to remove cooked egg from the bottom and make way for raw egg to cook. Do this several times until the raw egg is about 90% cooked and you have about an eighth of an inch of raw egg on top. When you're ready to flip the omelet, make sure the eggs have not stuck by giving them a little jiggle; if part of the omelet is not moving, it has stuck. In one motion, front to back (not up and down), slide the eggs forward so they flop over and move the pan back under the flopping eggs. After the omelet has been flipped, add grated cheese, meat, vegetables and a pinch of salt. Making sure the eggs have not stuck, slide the omelet halfway out of the pan onto the plate and tilt the rest of the omelet so it folds onto itself.