



Bean & Cheese Omelet

Yield: 1 approx. 6 oz. Omelet

1-1/2 Tablespoons. (14 gr.)
7 Tablespoons)

Eco Scramble Basic Mix
Cold Water

1. On medium heat, preheat a lightly oiled sauté pan (nonstick works best).
2. Pour dry mix into mixing bowl, add cold water and mix until evenly incorporated. Let set for 5 minutes.

2 tablespoons.
2 tablespoons.
1 tablespoon.
¼ cup
1 teaspoon.
1/16th teaspoon
2 tablespoons.

Red Bell Pepper, small diced
Peeled Onions, small diced
Parsley or Cilantro, chopped
Cooked Pinto Beans
Oil
salt, optional
Vegan Mozzarella (Daiya or cheese of choice)
optional

3. Preheat pan on medium heat. Add oil, pepper, onions, and salt. Sauté until the onions are translucent.
4. Remove from heat and add to egg mixture along with beans, parsley, and mozzarella cheese.
5. Pour egg mixture into heated pan and spread into a circle with spatula. Let cook on medium heat for 1-1/2 to 2 minutes (should be firm on top when touched). Flip and lightly brown opposite side of pancake. Fold over and serve.

Serve immediately or containerize and refrigerate until ready to use. Freeze thaw stable.