

# Bart's "So Delish" Omelette Quesadilla

A QUESADILLA WITH SAUTÉED BELL PEPPERS, MEXICAN RICE, BLACK BEANS, SHREDDED CHEESE & HALF AN OMELETTE INSIDE A FLOUR (OR OTHER TYPE OF) TORTILLA

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## RECIPE INTRODUCTION

One morning, **I was hungry for a quesadilla**, but knew I **needed some protein** to go along with it. Well, I knew about **scrambled eggs on a tortilla**, but I had never thought to **whip up an omelette** and **place it inside a quesadilla**. So, I tried it. **OMG!** What an **amazing, quick, light and ever so delicious meal!**

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## EQUIPMENT NEEDED

1. **❑ CUTTING BOARD or PLATE** to slice up your bell peppers (optional).
2. **❑ MEDIUM FRYING PAN** to sauté your bell peppers (optional), Mexican rice (optional) and warm up your black beans (optional) last.
3. **❑ MIXING BOWL** to whip your eggs up to make your Omelette!
4. **❑ MEDIUM or LARGE FRYING PAN** to make your Omelette in.
5. **❑ SPATULA** to manage your Omelette and to flip it!
6. **❑ LARGE FRYING PAN** to make your Quesadilla in.

**TIP: If you have to reuse a frying pan because you don't own that many,** (#1) sauté your bell peppers, Mexican rice and black beans FIRST. Once done, you can set that aside and (#2) reuse that same pan for your omelette. Then, (#3) use a second frying pan, if you have a second one, for the quesadilla. Make sense? The sautéed medley will quickly heat up again within the quesadilla.

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## INGREDIENTS

Customize to your liking!

1. ☐ **2-4 Eggs** (How hungry are you? I like to add egg whites, available in the dairy section, not so much for the nutritional value, but to add a little more volume versus cracking open another egg.)
2. ☐ **2 Tablespoons of Butter** (never margarine; for use in coating the pan you'll make your Omelette in)
3. ☐ **1-3 Tortillas** (Who's dining with you? Just you or another person? Two others? One tortilla yields 2 halves. Plenty for the ladies, but us gents (we) might want two quesadillas (so 2 tortillas needed).
4. ☐ **DASH® Southwest Chipotle** (or other) seasonings ... I like to add Dash Southwest Chipotle seasoning to my Omelette, specifically to the eggs I'm scrambling before dropping them into the frying pan.
5. ☐ **Grapeseed Oil** — Love this oil. Helps sauté my veggies to perfection.
6. ☐ **Bell Peppers** (Optional; sautéed before adding to Omelette)

7. ☐ **Black Beans** (Optional; can be warmed up separately)
8. ☐ **Mexican Rice** (Optional; can be warmed up separately)
9. ☐ **Shredded Cheese** (Optional; added inside and on top of the Omelette)
10. ☐ **What else?** (Add whatever you like!)
11. ☐ **Arizona Peppers Jalapeño Pepper Sauce** — I like to add a little "kick" in spice to my Omelette and I do it with this. Sprinkle just a few drops inside and outside of your Omelette and you'll love how it adds just that extra little spicy, but without it being too hot. Try it!
12. ☐ **KC Masterpiece Kansas City Classic Barbecue Sauce** or your favorite BBQ sauce for dipping your quesadilla in. Believe me, this is sooooo good!!!!

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## STOVE TOP ARRANGEMENT

Here's how you will cook your Omelette and other ingredients:

BURNER #1 →

### PEPPERS / RICE / BLACK BEANS PAN ...

Start here. (OPTIONAL) Sauté 4-5 slices of bell peppers (any/all colors) per quesadilla you want to make, heat up your Mexican rice and your black beans (last) in a frying pan with 3-5 TBSP of grapeseed (or other cooking oil). **(7-10 MINUTES)**

BURNER #2

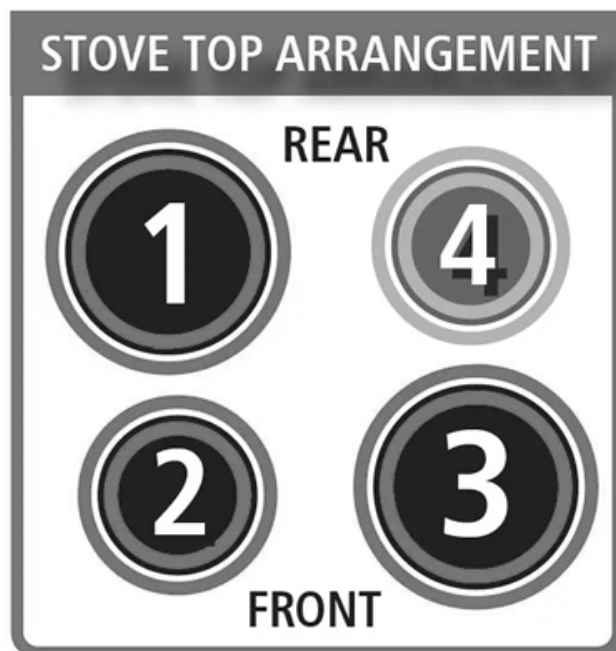
### OMELETTE PAN ...

Slowly melt 2 TBSP of butter to coat the bottom of the frying pan on medium heat. Pour mixed eggs slowly into the pan after butter has melted. Allow the omelette to cook slowly on medium heat. **(5-7 MINUTES)**

BURNER #3

### QUESADILLA PAN ...

When peppers, rice, beans and omelette are done cooking separately, time to build your quesadilla: Add 1 tortilla to the frying pan, add shredded cheese, add peppers, rice, black beans and HALF of the omelette to the same side as the ingredients on medium heat. **(5-7 MINUTES)** You can also remove some of the pans you're not using and make 2 quesadillas simultaneously if you have the pans and the room.



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# "GETTING STARTED"

## DIRECTIONS

Follow these simple steps to get started making your Omelette Quesadilla:

### STEP #1 → **Sliced Bell Peppers To Make Bart's Quick & So Delish**

Thinly slice 4-5 bell pepper pieces (per quesadilla) and sauté them (on one half side) of a MEDIUM to LARGE frying pan in 3-4 TBSP of grapeseed (or other cooking) oil on LOW-MEDIUM heat for 7-10 minutes.

### STEP #2 → **Sliced Bell Peppers To Make Bart's Quick & So Delish**

2-3 MINUTES into sautéing your peppers alone on their half side of the pan, add Mexican rice in the SAME pan (on the empty half side) to warm them up next to your bell peppers. You can use 2 TBSP of water or grapeseed oil to warm up the rice some.

### STEP #3 → **4 Eggs To Make Bart's Quick & So Delish**

Grab some eggs to make your omelette. How many people are dining? 1-2 eggs = 1 person, 3 eggs = 2 people, 4-5 eggs = 3 people, etc. Ladies and gents, make what you can eat, for sure. I don't want you to make more than you can eat on your own personally.

### STEP #4 → **Eggs To Make Bart's Quick & So Delish**

Crack your eggs in a small bowl  
so you can mix them well  
to make your omelette like I do.

### STEP #5 → **Add Dash Southwest Chipotle Seasoning when mixing eggs!**

I like to add Dash Southwest Chipotle Seasoning to my eggs when mixing them.

### STEP #6 → **Set aside mixed eggs for a second.**

When you're done mixing the eggs and adding your seasoning, set it aside and go prepare the pan you'll make your omelette in with melted butter.

### STEP #7 → **Add Black Beans (Optional) To Make Bart's Omelette Quesadilla**

Optional, but if you like black beans, add them to your Omelette like I do. Towards the end of sautéing your bell peppers, toss them into the same pan to warm up as the bell peppers and rice cool down.

### STEP #8 → **Mix Black Beans, Mexican Rice & Bell Peppers**

After 3-5 minutes of adding the black beans, MIX TOGETHER peppers, rice and black beans into one single mixed combination. You can use a spatula or I like to flip/mix the ingredients in the air. Then, stir these often on LOW HEAT just to keep them fresh and ready for use in your quesadilla(s).

## **"OMELETTE" DIRECTIONS**

Here's how I make an (egg-only) Omelette ...

### STEP #1

**Add 1 tablespoon of butter (never margarine) to the pan** you'll make your Omelette in.

### STEP #2

**On LOW low heat, melt your 1-2 TBSP of butter** (depending on the size of your pan and how many eggs you're using to make your omelette) and move it around across the pan evenly. Watch it closely so it doesn't burn. Keep it on MEDIUM to LOW heat while this occurs.

### STEP #3

**We're about to pour the Omelette egg mix into the pan** with melted butter. When we do, the Omelette will start cooking on one side.

### STEP #4

**Slowly and evenly pour egg mix into the pan.** Tilt the bowl just a little so the egg mix pours into the pan nicely and evenly.

### STEP #5

**Now the Omelette egg mix can start cooking in your pan on MEDIUM to LOW heat.** We don't want to cook it too fast. No, a slow cook is best.

#### STEP #6

**Allow the Omelette to cook slowly on MEDIUM to LOW heat.** At this temperature, the Omelette will cook nicely and evenly, but mostly on the bottom.

#### STEP #7

**While the bottom cooks slowly, use a spatula to lift the sides to allow uncooked egg** to flow under the Omelette so uncooked parts cook faster.

#### STEP #8

**WHEN the omelette looks cooked on the bottom side,** flip it so you can cook the top side evenly. I like to use a large spatula to lift it and flip it.

#### STEP #9

**When the omelette is finally cooked, with your spatula, slice the omelette in two (2) halves.** You'll use one half per quesadilla you make. Leave it in the pan for now to keep warm on LOW heat.

## TIME TO BUILD YOUR QUESADILLA

### WE'RE ALMOST DONE!

#### STEP #1

**Place one tortilla in a medium to large frying pan on MEDIUM-LOW heat.**

Watch this closely so you don't burn the bottom of your quesadilla. Turn the heat down if the tortilla's bottom is cooking too fast.

#### STEP #2

**Add shredded cheese and sprinkle Dash Southwest Chipotle seasoning over the entire quesadilla on the top only.** Add dots of Arizona Peppers Jalapeño Pepper Sauce (optional) to the quesadilla, AND a few thin slashes of BBQ sauce for a tiny tangy kick in taste!

#### STEP #3

**Quickly, add your peppers, rice and black bean medley to one half side of your quesadilla** and on top of the melting shredded cheese.

#### STEP #4

**Now, place 1/2 of your cooked omelette on top of the peppers, rice and black bean medley.** You're almost done! Time to check the tortilla bottom.

#### STEP #5

**Now, check the underside of your tortilla. IF it's slightly brown and a little crisp, GREAT!** Close it up with your spatula OR let it cook for just 1 more minute and WATCH IT! You don't want the bottom to burn. Maybe even turn the burner temp DOWN or OFF.

#### STEP #6

**Flip the empty half of the tortilla over the ingredients with a spatula to form the quesadilla.** Then, pat down the quesadilla gently to compress the ingredients inside it. Once done, you can remove it and place it on a plate to EAT!!!!

## PREPARE YOUR OMELETTE TO EAT

**Once on a plate, slice your quesadilla in HALF with a sharp knife.** Best to slice it in HALF and NOT THIRDS. When you cut a quesadilla in thirds it tends to leak out more ingredients from both sides of the cut. NOT GOOD.

**Optionally, add 2-3 TBSP of BBQ sauce to your plate** for dipping your quesadilla in. Try it, you might be surprised how good it tastes!

#### TIME TO EAT!!!

EXACTLY! Repeat these same procedures to make more omelette quesadillas for those dining with you, or just sit down and enjoy this masterpiece of a dish by yourself! ENJOY!!! "Bart Appétit"

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Author, YouTuber, Chef, Baker, Actor, Speaker, etc.

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# # # THE END / TIME TO MAKE AN OMELETTE # # #