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BEAN & CHEESE QUESDILLAS

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Bean & Cheese Quesadillas

Use your homemade tortillas for tasty quesadillas. Load them with cheese, beans and whatever veggies and herbs you desire.

Serve with your favorite salsa, guacamole or sour cream.

- ¾ cup canned pinto or black beans*
- ½ Tbsp taco seasoning
- 1-2 Tbsp canola oil
- 1/2 cup frozen corn kernels
- 1 ½ cups grated cheddar or Monterey Jack cheese
- ¼ cup fresh chopped cilantro (optional)
- 2 green onions, chopped
- 2 large tortillas



Additional Filling Options: sweet peppers, hot peppers, onions, tomatoes, seasoned rice, hot sauce, seasoned ground beef, chicken, tofu, etc.

INSTRUCTIONS

- Mix beans with taco seasoning. Mash some of the beans using a fork and a splash of water so they'll stick in place. If you prefer, mash all of them. Set aside.
- Heat fry pan over medium high heat. Add oil just to coat bottom of pan.
- Place large tortilla in hot pan.
- Sprinkle ¾ cup of cheese over entire tortilla.
- Add half the beans and half the corn on half of tortilla.
- Let cheese to melt.
- Sprinkle cilantro and green onions over beans and corn if using.
- Fold the half of the tortilla with just the cheese on top of the half with the fillings.
- Fry for 1 minute longer, flip over and fry for half a minute or until golden.
- Remove from fry pan and cut into 4 wedges. Repeat with remaining tortillas and filling.
- Serve with sour cream, guacamole and salsa.

Yield: 2 Large Quesadillas - 8 wedges

Also try the [Chicken and Sweet Potato Quesadilla with Salsa](#) from [HelloCanola.ca](#)