



CHEESEY BEEF QUESADILLAS

INGREDIENTS

- 1lb ground beef
- 1/4 tsp salt
- 1/4 tsp pepper
- 3 cloves minced garlic
- 1 medium onion chopped
- 1 Tbsp taco seasoning
- 2 Tbsp tomato paste
- 8 ounce black beans (rinsed and drained)
- 4 tsp olive oil
- 4 large flour tortillas
- 8 ounces of cheddar cheese
- 1 lime cut into wedges

DIRECTIONS

1. In a large skillet, brown the beef into crumbles over medium high heat.
2. Add the minced garlic and chopped onion to the skillet and cook for 3-4 minutes until softened.
3. Add taco seasoning, tomato paste, black beans and 1 Tbsp of water. Cook on medium-low for about 5 minutes.
4. Time to build the quesadillas. Warm a large pan on medium heat with 1 tsp of oil. Place 1 tortilla into the pan and sprinkle cheese on half, followed by the beef mixture, then finished with more cheese.
5. Fold the tortilla over and lightly fry on both sides until the cheese is melted. Repeat with the remaining tortillas.
6. Cut the quesadillas into wedges and serve with lime wedges, avocado, or sour cream and salsa.



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SHOPPING LIST

salt
Pepper
Minced garlic
Medium onion
Taco seasoning
Tomato paste
Black beans
Olive oil
Large flour tortillas
Cheddar cheese
Lime

SIDE OPTIONS

Pico de Gallo
Corn Salsa
Guacomole