

Black Bean and Corn Quesadillas

Oscar · 29/09/2024



Prep Time

40 mins

Difficult

Medium

Servings

8

Description

These black bean quesadillas are really cheesy a little bit spicy and a little bit sweet My vegetarian husband goes crazy over them every time Delicious with salsa and sour cream

Ingredients

- - 2 teaspoons olive oil - 3 tablespoons finely chopped onion - 1 (15.5 ounce) can black beans
- drained and rinsed - 1 (10 ounce) can whole kernel corn
- drained - ¼ cup salsa - 1 tablespoon brown sugar - ¼ teaspoon red pepper flakes - 2 tablespoons butter
- or as needed - 8 (8 inch) flour tortillas - 1 ½ cups shredded Monterey Jack cheese

Instructions

1. Heat olive oil in a large saucepan over medium heat. Cook and stir onion in hot oil until softened
2. about 2 minutes. Stir in beans and corn
3. then add salsa
4. brown sugar
5. and red pepper flakes; mix well. Cook until heated through
6. about 3 minutes. Remove from heat. Melt about 1 ½ teaspoons butter in a large skillet over medium heat. Place a tortilla in the skillet. Sprinkle with ¼ of the Monterey Jack cheese
7. then top with ¼ of the bean mixture. Place another tortilla on top; cook until the bottom is golden
8. then carefully flip and cook until the other side is golden. Repeat with remaining tortillas and filling. Cook's Note This is a very versatile recipe. Feel free to play around and add chicken or veggies if you desire.