HEARTY BLACK BEAN QUESADILLAS

INGREDIENTS:

- 1 15 oz (about 443.6 ml) can black beans
- 1 cup frozen corn
- ½ cup red onion
- 1 clove garlic
- ½ bunch fresh cilantro
- 2 cups shredded cheddar cheese
- 1 packet taco seasoning
- 10 flour tortillas

DIRECTIONS:

1. Drain the black beans and add them to a bowl along with the frozen corn (no need to thaw)
2. Finely dice the onion, mince the garlic, and chop the cilantro.
3. Add the onion, garlic, cilantro, shredded cheddar, and taco seasoning to the bowl with the beans and corn. Stir until everything is evenly combined and coated in seasoning.
4. Place a half cup of the filling on one side of each tortilla and fold over. Cook the quesadillas in a skillet over medium heat on each side until brown and crispy and the cheesy filling has melted. Slice into triangles then serve.
5. To freeze the quesadillas, stack the filled and uncooked quesadillas with a piece of parchment paper between each quesadilla. Place in a freezer bag and freeze for up to three months. To reheat either microwave (for a soft quesadilla) or cook in a skillet on low heat (make sure to use low heat so that the filling has time to thaw and melt before the outside burns).

BALANCING MEAL IDEAS:

1. Add a side of Bell peppers and onions for a serving of vegetable
2. Add avocado or side of guacamole to add a healthy fat
3. Replace beans with protein of choice (beef, chicken, etc.…) if you do not prefer black beans

NOTES:

- The calculated cost of this meal is ~$5.55

- The recipe yields 10 quesadillas
- You can use your own home-made taco seasoning instead of taco seasoning packet
- Choose your own preference of cheese

Reference: https://www.budgetbytes.com/hearty-black-bean-quesadillas/