



# Veggie Quesadillas

**Serves: 5 people Total Prep & Cook Time: 20 minutes**

Image source: [https://www.simplyrecipes.com/recipes/crispy\\_cheese\\_and\\_mushroom\\_quesadillas/](https://www.simplyrecipes.com/recipes/crispy_cheese_and_mushroom_quesadillas/)



## Ingredients

## Instructions

- 1 can (15 oz) black beans, drained and rinsed
- 2 tbsp taco seasoning
- 1 can (15 oz) corn, drained and rinsed
- 1/2 red onion, diced
- Garlic clove
- 1 package of tortillas
- 1 cup grated cheese (we chose 'Mexican blend')
- 1 tbsp cooking oil
- 1 cup mushrooms, chopped
- Optional: sour cream, hot sauce, lime, salsa, cilantro

1. Drain and rinse beans and corn and set aside in a large bowl.
2. Dice the onion and mince the garlic.
3. In a large skillet over medium-high, heat the oil until it shimmers. Add chopped mushrooms to the pan and cook, stirring occasionally, for 5 minutes, or until they release some of their moisture.
4. Add the garlic, taco seasoning and diced red onion to the pan and cook for 2 to 4 minutes longer, or until the garlic is aromatic and the onions soften.
5. Transfer mixture to bowl with beans and corn. Stir until mixed evenly.
6. Wipe down skillet and place it over medium heat. Once hot, place a tortilla on the center of the skillet.
7. Scatter tortilla with cheese and vegetable mixture. Place a second tortilla on top and press down lightly.
8. Cook on each side for about 1 minute, or until cheese is melted and tortillas are lightly toasted with few brown spots. Repeat with remaining tortillas, cheese and filling.

Recipe adapted from: <https://www.budgetbytes.com/>