

Speedy spicy bean quesadilla.



This is a very healthy and quick recipe making 2 large quesadillas giving 4-6 portions.

Ingredients

- 1 red or white onion (sliced)
- $\frac{1}{2}$ red pepper (finely shredded)
- 1small tin of mixed beans
- Cajun or Piri piri spice
- 4 tbsp. base tomato sauce
- salt & pepper as required
- 2 Large floured tortillas
- 60g grated mild cheddar

Method

Firstly using a non-stick pan would be a benefit, the tortillas will be folded in half so again it would help if the pan was big enough to take a large tortilla, if your pan is too small just buy the smaller tortillas.

Lightly fry the onions and peppers in the oil until soft and as much of the liquid has evaporated as possible.

Add your chosen spice and cook for a further 2 mins.

Drain and rinse your mixed beans then add this to the onions and peppers

Cook this well to soften the beans not to mash to a pulp but for it to thicken slightly. Add the 4 table spoons of base tomato sauce and mix well. Set aside and allow to cool for 5 mins.

Lay flat your Tortillas, spread the mixture on half of the tortilla and sprinkle with grated cheese. Fold in half ready for cooking

Heat the pan until hot and place the tortilla in the pan, cook on one side until it shows signs of changing colour then turn over and repeat the process. Turn the heat down and continue to cook until the cheese has appeared to melt.

Take it out of the pan and let it sit for 2 minutes before cutting into your desired sizes



All these recipes have been put together for the children of Waulud Primary school.