

Cooking at Home *with* City Catering

Mixed Bean, Tomato & Onion Quesadillas *served with a side salad*

Prep time: 10 minutes / Cooking time: 30 min (depending on how many quesadillas you cook)

Serves
4 to 6

Ingredients

- 2 tbsp oil
- 1 onion, finely diced
- 3 garlic cloves, chopped
- 1 chilli, chopped
- 600g tinned mixed beans, drained
(reserve 2 tbsp of beans water)
- 2 tomatoes, chopped
- 1 tsp ground cumin (optional)
- 240g cheese, grated
- 6 flour tortillas





This recipe is
vegetarian. This dish
contains gluten & milk.

METHOD

1. Add oil to a frying pan. Add the finely chopped onion and garlic and cook for a couple of minutes over high heat. Add the chopped chilli and cook for another minute. Add beans, chopped tomatoes, water and cumin (if using). Cook for a further 3 to 4 minutes. Transfer to a bowl and keep aside.
2. Place a flour tortilla on a work surface. Sprinkle half of the tortilla with some cheese, top with the bean mix, then top with more cheese and fold in half. Repeat until you have filled them all.
3. Put a non-stick frying pan over medium heat. When hot, place one quesadilla in it pressing down lightly, cook for 3 minutes until the side touching the frying pan is golden and crispy.
4. Carefully turn to the other side (flip over the folded edge to prevent filling from spilling out), press down lightly again and cook without lid for a further 3 minutes until crispy.
5. Remove from the frying pan and repeat with the rest, you could keep them warm in a low oven. When they are all cooked, cut into wedges and serve with a side salad.

TIPS

- ✓ The cheese in the quesadillas needs to be melted; if you find that your quesadillas are turning too brown and the cheese is not melting you can always speed up the process by covering the frying pan with a lid for the first 3 minutes while cooking the quesadilla. If you do not have a lid for your frying pan you can use some tin foil or use a metal oven tray that is big enough to cover the frying pan – just be aware that it will get very hot so you will need some oven gloves or a dry kitchen tea-towel to handle it.
- ✓ Quesadillas are a super versatile recipe, as long as you have the tortillas and cheese, the rest of the filling is up to you. You can keep them vegetarian with any combination of vegetables: peppers, sweetcorn, onions, butternut squash, mushrooms... You can also use any type of beans: your family prefer: red kidney, black beans, haricot beans ... If you have fussy eaters you can choose to mash the beans and vegetables before adding them to the quesadilla (for those that do not like bits). You can add meat too, minced meat, chicken, sausages, chorizo... Just make sure that you cook the vegetables and meats before using them as filling for the quesadillas – and if you are using left overs, make sure that they are piping hot before serving.

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