



Vegan Black Bean Quesadillas



Prep	Cook	Ready In
10 m	45 m	55 m

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Food Lion
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"These quesadillas pack a big punch, minus the fat of all that cheese! Serve with guacamole!"

Ingredients

1 (15 ounce) can great Northern beans, drained and rinsed	1 pinch cayenne pepper, or to taste
3/4 cup diced tomatoes	1/2 cup black beans, drained and rinsed
1 clove garlic	1/4 cup diced tomatoes
1/3 cup nutritional yeast	1 tablespoon olive oil, or as needed
1 teaspoon ground cumin	8 whole grain tortillas
1/4 teaspoon chili powder	cooking spray
salt to taste	



Hunt's Tomatoes Diced

1 ea For \$0.88 -
expires in 7 days

Directions

- 1 Blend great Northern beans, 3/4 cup tomatoes, and garlic in a food processor until smooth; add nutritional yeast, cumin, chili powder, salt, and red pepper flakes and blend again.
- 2 Transfer bean mixture to a bowl. Stir black beans and 1/4 cup tomatoes into bean mixture.
- 3 Heat olive oil in a skillet over medium-high heat.
- 4 Place a tortilla in the hot oil. Spread about 1/4 cup filling onto the tortilla.
- 5 Place another tortilla on top of filling; cook until filling is warmed, about 10 minutes.
- 6 Spray the top tortilla with cooking spray and flip quesadilla to cook the second side until lightly browned, 3 to 5 minutes. Repeat with remaining tortillas and filling.

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