

CHILLI BEAN QUESADILLAS

FREEZER FRIENDLY



Serves 4 - 6



Prep Time 15 mins



Cook Time 25 mins



A Little More Effort



INGREDIENTS

- 1 small onion, diced
- ½ red capsicum, deseeded and diced
- 1 clove garlic, crushed
- 300g lean beef mince
- 1 tsp **Gregg's Ground Cumin**

METHOD

1. Heat a dash of oil in a frying pan. Add onion, red capsicum and garlic and sauté over a low heat until the vegetables soften. Increase the heat and add the mince. Continue to cooking to brown the mince breaking it up with a fork if necessary. Add **Gregg's Ground Cumin**.

- 420g can **Wattie's Medium Salsa Chilli Beans**
 - 420g can **Wattie's Mexican Style Tomatoes**
 - Handful fresh parsley or coriander leaves, chopped (optional)
 - 6 regular flour tortilla
 - 1 cup grated low-fat cheddar cheese
 - *Tomato Salsa:*
 - 2 medium tomatos, diced
 - ½ small red onion, diced
 - 1 Tbsp lemon or lime juice
 - Handful fresh parsley leaves, chopped
2. Reduce the heat. Add **Wattie's Medium Salas Chilli Beans** and **Wattie's Mexican Style Tomatoes**. Stir to mix. Continue cooking, stirring regularly over a medium to high heat for 15 – 20 minutes, until mince is cooked and sauce is thick. Remove from the heat. The cooked mixture should be very thick – too thin and the filling will run out of the tortilla. You should have about 3 cups of mixture. Stir through parsley or coriander if wished.
 3. Brush a little oil on the base of a frying pan or crepe pan, large enough to fit the tortilla. Place a tortilla into the pan. Spread about ½ a cup of the hot mince and bean filling over one half of the tortilla. Sprinkle with grated cheese and fold the other half over to enclose the filling. Cook for 2-3 minutes over a medium heat and then carefully turn the quesadilla and continue cooking until the quesadilla is golden, crispy and hot. Repeat with the remaining tortilla. Cut into wedges. Serve with a fresh tomato salsa on the side and salad greens.

Tomato Salsa:

Mix together tomatoes, red onion, lemon juice and parsley. Set aside.

TIPS

- To increase the vegetables add grated carrot when adding the chilli beans and tomatoes.
- The quesadillas can be cooked in a sandwich press if wished.
- Add a diced avocado to the tomato salsa if wished.
- Cooked filling can be cooled and frozen in an airtight container. Thaw in the refrigerator and reheat before preparing the Quesadillas. Can be frozen for up to 1 month.

SWAP IT OUT

- Replace beef mince with chicken or pork mince if wished.

- Replace red capsicum with a chopped courgette if wished, adding with the chilli beans and Mexican tomatoes.
- To make this vegetarian omit the meat and check that the cheese is made with vegetarian rennet. Noble which is a reduced fat cheese is suitable for vegetarians.