

Vegan Black Bean Quesadilla

Recipe modified and adapted from:

<http://allrecipes.com/recipe/vegan-black-bean-quesadillas/>

Makes 4-6 servings

INGREDIENTS

- 1 (15 ounce) can great Northern beans, drained and rinsed
- 3/4 cup diced tomatoes
- 1 clove garlic
- 1/3 cup nutritional yeast
- 1 teaspoon ground cumin
- 1/4 teaspoon chili powder
- Salt to taste
- 1 pinch cayenne pepper, to taste
- 1/2 cup black beans, drained and rinsed
- 1/4 cup diced tomatoes
- 1 medium shallot, diced
- 1 1/2 cups sliced mushrooms (1 package)
- 2 cups baby spinach
- 1 Tablespoon avocado oil
- 8-10 Whole grain tortillas



INSTRUCTIONS

- Preheat oven to 250
- Sauté mushrooms and shallots over medium heat until cooked through. Transfer to a bowl and set aside.
- 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.
- Transfer bean mixture to a bowl. Stir black beans, 1/4 cup tomatoes, mushrooms and shallots into bean mixture.
- Spread 1/8 of the filling onto half of a flour tortilla, topping with fresh spinach leaves. Fold over the tortilla to make a half circle. Set aside, and repeat process with remaining tortillas.
- Heat oil in a skillet over medium-high heat.
- Place 2 quesadillas in the skillet, cooking for about 3 minutes on each side. Transfer to a baking sheet to keep warm in the oven.
- Repeat with remaining tortillas..