



JUL
2016

Black Bean and Charred Bell Pepper Quesadillas

with Caramelized Onion

I don't know about you, but we find it impossible to resist gooey, melted mozzarella - especially when it comes inside crisp flour tortillas with refried beans and bright red peppers. A light side salad is the perfect counterpart to these satisfying veggie quesadillas.



Prep: 10 min
Total: 35 min



level 1



nut free



veggie



Flour Tortillas



Onion



Garlic



Black Beans



Red Bell Pepper



Arugula



Grape Tomatoes



Mozzarella Cheese



Lime



Sour Cream



Honey

Ingredients

	2 People	4 People
Flour Tortillas	1)	4
Onion	1	2
Garlic	2 Cloves	4 Cloves
Black Beans	1 Box	2 Boxes
Red Bell Pepper	1	2
Arugula	2 oz	4 oz
Grape Tomatoes	4 oz	8 oz
Mozzarella Cheese	2)	2 Cups
Lime	1	2
Sour Cream	2)	4 T
Honey	1 t	2 t
Olive Oil*	2 t	4 t

*Not Included

Allergens

1) Wheat

2) Milk

Tools

Strainer, Large bowl,
Large pan, Medium bowl

Nutrition per person Calories: 715 cal | Fat: 24 g | Sat. Fat: 11 g | Protein: 38 g | Carbs: 80 g | Sugar: 11 g | Sodium: 858 mg | Fiber: 23 g

Ruler

0 in 1/4 in 1/2 in 3/4 in 1 in

1



1 Prep: Wash and dry all produce. Halve, peel, and finely chop the **onion**. Mince or grate the **garlic**. Core, seed, and thinly slice the **bell pepper**. Drain and rinse the **beans**. Halve the **tomatoes**. Juice the **lime** into a large bowl.

2



2 Cook the peppers and onion: Heat a drizzle of **olive oil** in a large pan over medium heat. Add the **onion** and **garlic**. Cook 4-5 minutes, until softened. Add the **bell pepper**. Cook 5-6 minutes, until softened. Season with **salt** and **pepper**.

3



3 Add the beans: While the veggies cook, coarsely mash the **black beans** in a medium bowl with a fork. Add the mashed beans to the pan with the veggies. Cook another 1-2 minutes, until heated through. Season with **salt** and **pepper**, and set aside back in the bowl. Wipe out the pan.

4



4 Make the quesadillas: Place **1 tortilla** in the pan, and sprinkle 1 side with **1/4 of the cheese**. Top with **half the bean mixture** and another **1/4 of the cheese**. Fold the tortilla over to form a half moon. Cook 2-3 minutes on the first side, until golden brown. Flip and cook on the other side 2-3 minutes, until melted and golden brown. Repeat for the second quesadilla.

5 Make the salad: In the large bowl, combine **1 teaspoon honey** with the **lime juice** and a drizzle of **olive oil**. Season with **salt** and **pepper**. Toss the **arugula** and **tomatoes** into the bowl with the dressing. Season with **salt** and **pepper**.

6 Serve: Cut the **quesadillas** into wedges. Serve with the **salad** and a dollop of **sour cream** for dipping. Enjoy!

Share your masterpiece on social media! Tag your photos with
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