



MAY
2016

Cheesy Beef Quesadillas

with Sour Cream and Avocado-Black Bean Salsa

We're sautéing beef with onions and oregano to give these quesadillas extra flavor. Instead of cooking them one-by-one in a pan, we've come up with a technique to get crispy, gooey quesadillas in the oven. Black bean-avocado salsa is a hearty and delicious twist on traditional salsa.



Prep: 5 min
Total: 25 min



level 1



nut
free



Ground Beef



Whole Wheat
Tortillas



Avocado



Grape Tomatoes



Limes



Red Onion



Cilantro



Mozzarella
Cheese



Sour Cream



Dried
Oregano



Black Beans

Ingredients

Ground Beef		20 oz
Whole Wheat Tortillas	1)	4
Avocados		2
Grape Tomatoes		8 oz
Limes		2
Red Onion		1
Cilantro		½ oz
Mozzarella Cheese	2)	1 Cup
Sour Cream	2)	4 T
Dried Oregano		2 t
Black Beans		2 Boxes
Oil*		1 T

4 People

*Not Included

Allergens

- 1) Wheat
- 2) Milk

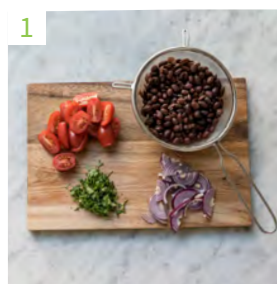
Tools

Strainer, Large pan, Baking sheet, medium bowl

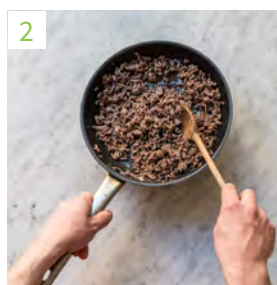
Ruler

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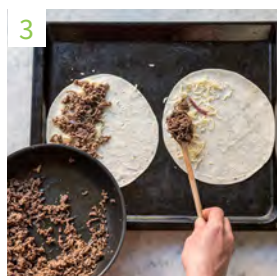
Nutrition per person Calories: 871 cal | Fat: 41 g | Sat. Fat: 12 g | Protein: 57 g | Carbs: 70 g | Sugar: 6 g | Sodium: 857 mg | Fiber: 30 g



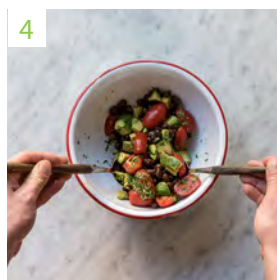
1 Prep the veggies: Wash and dry all produce. Preheat the oven to 425 degrees. Drain and rinse the **beans**. Halve, peel, and thinly slice the **onion**. Finely chop the **cilantro**. Halve the **tomatoes**.



2 Cook the beef: Heat a drizzle of **olive oil** in a large pan over medium-high heat. Add the **onion** to the pan and cook, tossing for 3-4 minutes, until softened. Add the **ground beef** and **oregano** to the pan and cook, breaking up the meat into pieces, until browned and cooked through. Season with **salt** and **pepper**.



3 Assemble and bake the quesadillas: Rub one side of each **tortilla** with a small drizzle of **olive oil** and place oil-side down on a baking sheet. Sprinkle half of each tortilla with some **mozzarella cheese**. Top with the **ground beef** and another sprinkling of **mozzarella cheese**. Fold over the other side of the tortilla and repeat for the remaining quesadillas. Bake for 7-10 minutes, flipping halfway through cooking, until melted and crispy.



4 Make the salsa: Meanwhile, halve, pit, and dice the **avocado**. In a medium bowl, combine the **avocado, black beans, tomatoes, cilantro**, and a squeeze of **lime juice**. Season to taste with **salt** and **pepper**.

5 Finish and serve: Cut the **quesadillas** into wedges and serve with a dollop of **sour cream** and a side of **avocado-black bean salsa**.

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