

BEAN QUESADILLAS

🕒 45 min 🍴 Serves 2

Ingredients

For the chilli*:

- 2 tbsp oil
- 1 white onion, chopped
- 3 cloves garlic, finely chopped
- 1 tbsp chilli powder
- 2 tbsp paprika
- 1 tbsp cumin
- 1 tbsp tomato puree
- 1 can chopped tomatoes
- 1 can of kidney beans, rinsed & drained
- 2 tsp veggie stock powder
- 1 cup dried red lentils, rinsed
- 1 tbsp soy sauce
- Salt & pepper to taste
- 1 can sweetcorn, drained

For the quesadillas:

- 4 plain tortilla wraps
- 1 cup of grated cheese of choice
- Sour cream as needed
- 1 spring onion, chopped

Method

1. Peel & chop the onion and garlic. Drizzle the oil in a large pan on a medium heat, add the onion and garlic and cook them off in the oil until soft, for about 5 minutes.
2. Add the spices (chilli, paprika, cumin). Turn the spices through the onion and garlic and fry them off for 2 minutes.



3. Add tomato puree and fry off for 2 minutes. Meanwhile, boil 2 cups (500ml) of water and dissolve the veggie stock powder.
4. Pour in the tomatoes, kidney beans, veggie stock, lentils, soy sauce, then season with salt and pepper.
5. Leave on a gentle simmer, covered for 25 minutes, stirring occasionally. When the chilli has thickened, add in the sweetcorn and stir. Chop the spring onion and set aside.
6. When the chilli is nearly done, heat a frying pan over medium heat. Place one tortilla in the pan and top with a layer of the chilli and half of the cheese. Top with a second tortilla and fry for 1-2 mins until the base is crisp. Using a spatula, carefully flip the quesadilla and fry for a further 1-2 mins until hot and the cheese has melted. Transfer to a plate, cut the quesadillas into triangles and serve with sour cream and chopped spring onion. Repeat with the remaining tortillas.

TIP: Batch cook the chilli, doubling the amount. Then enjoy throughout the week with rice, nachos or as quesadillas.