



bit spicy

Black Bean Quesadillas

A quesadilla is a corn or wheat tortilla which is traditionally shallow-fried. This recipe using our [Taco spice blend](#), comes from the state of Sonora, the birthplace of most Texmex food, and is not too spicy, unless you serve it with our hot tomato salsa or some habaneros! If you are cooking the beans from dried, remember that it is always better to over- rather than under-cook! You may think our choices of cheese are strange in a Mexican recipe, but they give a more authentic flavour than just cheddar.

Each recipe serves 4 as a light lunch.

Black Bean and Cheese Quesadillas

INGREDIENTS

- 4 large wheat tortillas
- 1 packet of our [Taco Spice blend](#)
- 2 cans black beans, or 250g/8oz dried black beans, soaked overnight then rinsed and cooked in fresh water until very tender
- 220g/8oz white crumbly cheese - feta is tangy, but Cheshire or Lancashire are our favourites
- 220g/8oz mild cheddar and/or edam, grated

RECIPE

1. Take a frying pan which is about the same size as the tortillas and brush with vegetable or chilli oil.
2. Turn on the heat, and place a tortilla in the pan.
3. Crush the beans so they resemble a coarse paste, adding a little water if they are very dry.
4. Spread the edam and/or cheddar on the tortillas then cover with the beans.
5. Sprinkle with about a tsp of taco blend and the crumbly cheese, cover with the other tortilla and press down gently. Brush the top with more oil.
6. When the cheese is melting and the base is brown, use a plate to flip the tortilla and cook on the other side.
7. Serve warm, cut into wedges with lime and avocado salad or a salsa (see our [Chipotle salsa recipe](#)).

Pulled Pork / Chicken Quesadillas

For a meaty option, try adding Pulled Pork (see our recipe) or Chicken marinated in our [Taco spice blend](#) and shredded. Follow recipe and steps above, adding the pulled pork or chicken with the beans at stage four.