

## Baked Bean Bean Quesadillas | bites out of life

Makes 6 quesadillas

- 2 tablespoons olive oil
- 1/2 red onion, diced
- 3 cloves garlic, minced
- 1 jalapeño, seeded and diced
- 2 15-ounce cans black beans, drained and rinsed
- 1 tablespoon cumin
- salt and pepper, to taste
- 1 pound cheese, shredded (I used a blend of Cheddar and Monterey Jack but your possibilities are endless — anything that melts well works)
- 12 corn tortillas



- 1) Preheat the oven to 350°F. In a large skillet, heat the olive oil on medium heat. Saute the olive oil and garlic for 3 minutes, then add the jalapeño and saute for an additional 2-3 minutes.
- 2) Add the black beans, cumin, salt and pepper. Cook for 7-10 minutes, until the beans are heated through and take on the flavors of the onions and garlic. Let cool, then stir in half of the cheese.
- 3) Place six of the corn tortillas on a baking sheet. Place 3-4 tablespoons of the bean-cheese mixture on each tortilla, then sprinkle additional cheese. Top each with a second tortilla and press down firmly so that the tortilla sticks.
- 4) Bake for 10 minutes, flipping halfway. Serve with [guacamole](#).

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