

# Black Bean Quesadillas



## Ingredients

- 1 (15 ounce) can black beans, drained and rinsed
- $\frac{3}{4}$  cup diced tomatoes
- 1 clove garlic
- $\frac{1}{3}$  cup nutritional yeast
- 1 teaspoon ground cumin
- $\frac{1}{4}$  teaspoon chili powder
- salt to taste
- 1 pinch cayenne pepper, or to taste
- $\frac{1}{2}$  cup black beans, drained and rinsed
- $\frac{1}{4}$  cup diced tomatoes
- 1 tablespoon olive oil, or as needed
- flour tortillas
- cooking spray

## Instructions

1. Blend great Northern beans,  $\frac{3}{4}$  cup tomatoes, and garlic in a food processor until smooth; add nutritional yeast, cumin, chili powder, salt, and red pepper flakes and blend again.
2. Transfer bean mixture to a bowl. Stir black beans and  $\frac{1}{4}$  cup tomatoes into bean mixture.
3. Heat olive oil in a skillet over medium-high heat.
4. Place a tortilla in the hot oil. Spread about  $\frac{1}{4}$  cup filling onto the tortilla.
5. Place another tortilla on top of filling; cook until filling is warmed, about 10 minutes.
6. Spray the top tortilla with cooking spray and flip the quesadilla to cook the second side until lightly browned, 3 to 5 minutes. Repeat with remaining tortillas and filling.