



BELL PEPPER AND BLACK BEAN QUESADILLAS

with an Arugula and Heirloom Tomato Salad



HELLO

BLACK BEAN QUESADILLAS

Beans are mashed together to make the filling impeccably creamy.

PREP: 10 MIN | TOTAL: 35 MIN | CALORIES: 680



Yellow Onion



Red Bell Pepper



Heirloom Grape Tomatoes



Flour Tortillas
(Contains: Wheat)



Honey



Sour Cream
(Contains: Milk)



Garlic



Black Beans



Lime



Mozzarella Cheese
(Contains: Milk)



Arugula

START STRONG

To keep the quesadillas nice and toasty, heat your oven to its lowest setting and place them in there on a baking sheet while you finish making the meal.

BUST OUT

- Strainer
- Medium bowl
- Large bowl
- Large pan
- Olive oil (2 tsp | 4 tsp)

INGREDIENTS

Ingredient 2-person | 4-person

- Yellow Onion 1 | 2
- Garlic 2 Cloves | 4 Cloves
- Red Bell Pepper 1 | 2
- Black Beans 1 Box | 2 Boxes
- Heirloom Grape Tomatoes 4 oz | 8 oz
- Lime 1 | 2
- Flour Tortillas 2 | 4
- Mozzarella Cheese 1 Cup | 2 Cups
- Honey 1 tsp | 2 tsp
- Arugula 2 oz | 4 oz
- Sour Cream 2 TBSP | 4 TBSP

HELLO WINE



PAIR WITH

La Pintada Campo de Borja
Garnacha-Syrah, 2015

[HelloFresh.com/Wine](https://www.hellofresh.com/wine)



1 PREP

Wash and dry all produce. Halve, peel, and finely chop **onion**. Mince or grate **garlic**. Core, seed, and thinly slice **bell pepper**. Drain and rinse **beans**, then place in a medium bowl. Halve **tomatoes**. Halve **lime** and squeeze juice into a large bowl.



4 MAKE QUESADILLAS

Place a **tortilla** in same pan over medium heat. Sprinkle $\frac{1}{4}$ cup **mozzarella** over one half of the tortilla. Top with half the **veggie mixture**, followed by another $\frac{1}{4}$ cup mozzarella. Fold tortilla over to form a quesadilla. Cook until outside is toasted and cheese is melty, 2-3 minutes per side. Repeat with remaining tortilla, mozzarella, and veggie mixture.



2 COOK VEGGIES

Heat a drizzle of **olive oil** in a large pan over medium heat. Add **onion** and **garlic**. Cook, tossing, until softened and translucent, 4-5 minutes. Toss in **bell pepper** and cook until softened and edges are starting to brown, 5-6 minutes. Season with **salt** and **pepper**.



5 MAKE SALAD

Add a drizzle of **olive oil** and **1 tsp honey** (we sent more) to bowl with **lime juice** and whisk to combine. Season with **salt** and **pepper**. Add **arugula** and **tomatoes** and toss to combine.



3 MASH AND COOK BEANS

While veggies cook, mash **beans** in bowl with a fork until paste-like but still chunky. Add to pan with veggies once bell pepper is softened. Cook, tossing, until warmed through, 1-2 minutes. Season with **salt** and **pepper**. Transfer everything to a medium bowl (you can use the same one as before) and wipe out pan.



6 CUT AND SERVE

Cut **quesadillas** into wedges. Serve with **salad** on the side and **sour cream** for dipping.

VEG OUT!

These wedges have all the wholesome goodness you can fit in a tortilla.

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