

Black beans quesadilla |

Recipe for 12 tapas

Description

Spicy, comforting, tasty, you won't leave a crumb!

Note

We have feta cheese in this recipe because cotija cheese (typical of Mexico) is not always easy to find.

Ingredients

Black bean

- 1 Unit(s) Canned black beans
- 150 Gr Onion
- 2 Clove(s) Garlic
- 2 Tsp Cumin powder
- 4 Sprig(s) Fresh cilantro
- 1 Tsp Chili flakes

Chipotle sauce

- 125 Ml Plain yogurt 2%
- 125 Ml Sour cream
- 1 Unit(s) Chipotle pepper in adobo sauce

Toppings

- 6 Unit(s) Tortilla
- 150 Gr Feta cheese
- 1 Unit(s) Lime

Preparation

- Preparation time **60 mins**

Mashed black beans

Chop your onion.

Chop the garlic cloves.

Thin out the coriander; reserve the leaves and chop the stems.

Rinse the black beans in clean water.

In a frying pan over medium-high heat, sweat the onion and chopped coriander stalks in a little oil or butter.

Once the onion is translucent, add the garlic, cumin and chili flakes. Sweat for 1 minute to toast the spices.

Add the black beans and about 1/2 cup of water. Add salt and pepper to taste and reduce over medium heat. Once reduced, mash your beans with a potato masher.

Chipotle sauce

In a high container (measuring glass type...), put your yogurt and your chili pepper (or 2... or more if you wish...) as well as a little adobo sauce (about 1 teaspoon, it will accentuate the smoky taste).

Blend everything with a arm blender (if you don't have one, finely chop the chili and mix the rest of the ingredients in a bowl). Add sour cream and season with salt to taste.

Cooking

Place some of the mashed black beans on a tortilla and spread.

Crumble your feta cheese over the beans and place another tortilla on top.

Over medium heat, with a little fat, place your quesadilla in a pan. When it is coloured enough, turn the quesadilla over to colour the other side.

Once coloured on both sides, put your quesadilla on a cutting board and cut it into 4 or 6 pieces.

Arrange your quesadilla tips on a plate and drizzle with chipotle sauce and cilantro leaves.

Bon appétit!