



BUSH'S® BLACK BEAN QUESADILLAS

For a quick and hearty lunch, these Black Bean and cheese quesadillas with salsa are perfect.

These recipes were created with our vegetarian friends in mind. However, we recommend reading each label to make sure every ingredient suits your dietary needs. Please also remember that product formulations can change, so if you ever have any questions, make sure to contact the product manufacturer!

RECIPE DETAILS

Prep Time: 15 minutes Cook Time: 6 minutes Total Time: 21 minutes Servings: 4

INGREDIENTS

- 2 cans (15 oz) **BUSH'S® Seasoned Black Beans**, drained
- 1 cup salsa
- 2 cups shredded Colby & Monterey Jack cheese
- 8 (8-inch) flour tortillas
- 1/3 cup sour cream

 **SHOP INGREDIENTS**

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DIRECTIONS

1. Mash one can of beans.
2. Mix in remaining can of beans, salsa.
3. Spread mixture evenly on 4 tortillas; top with cheese.
4. Cover with remaining tortillas.
5. Heat skillet & cook quesadillas 2 minutes.
6. Cut into wedges & serve with salsa & sour cream on the side.

NUTRITION

		%DV*
Calories	800	
Total Fat	27g	35%
Saturated Fat	15g	75%
Cholesterol	60mg	20%
Sodium	2490mg	108%
Potassium	1053mg	20%
Carbohydrates	97g	35%
Dietary Fiber	1g	4%
Protein	35g	-%
Sugars	7g	-%
Vitamin D	0mcg	-%
Calcium	572mg	45%
Iron	5mg	30%

*Percent Daily Values are based on a 2,000-calorie diet. Your daily values may be higher or lower depending on your calorie needs.

The nutrition information shown is estimated based on the ingredients and directions listed in the recipe. Please note that it may vary if the recipe is prepared differently or if the ingredients are changed.



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