

Cheesy Ground Beef Quesadillas

Prep Time: 5 minutes

Cook Time: 25 minutes

Total Time: 30 minutes

Servings: 12 pieces

Calories: 252kcal

Source: Dawn – Girl Heart Food

Ingredients

- 1/2 tbsp olive oil
- 1 lb ground beef -I used 'extra lean'
- 1 tsp chili powder
- 1 tsp chipotle chili powder
- 1/2 tsp oregano
- 1/2 tsp cumin
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/2 tsp salt
- 1/2 tsp black pepper
- 1 tbsp tomato paste
- 2 tbsp unsalted beef stock
- 12 oz shredded cheese blend -about 3 cups (or combination of cheddar, monterey jack and pizza mozzarella)

- 6 flour tortillas -mine were about 7 – 8 inch diameter
- cooking spray -to grease pan

Instructions

Preheat oven to 200 F (to keep quesadillas warm while cooking batches).

1. In a pan (I used non stick) on medium heat add olive oil.
2. When shimmering, add ground beef, chili powder, cumin, oregano, cayenne, garlic powder, onion powder, salt and pepper. Heat until cooked through, breaking into crumbles with a wooden spoon, about 8-10 minutes. Stir in tomato paste and stock and cook 1-2 minutes more.
3. Remove beef from pan into a bowl. If there is any excess grease drain/remove.
4. Distribute about 8 ounces (or 2 cups) of cheese among all tortillas (on one side of them). NOTE: reserve the remaining 4 ounces (or cup of cheese).

Also, if your tortillas are smaller or larger than the size I used, the quantity you yield will vary.

5. Distribute ground beef on top of cheese. Then, sprinkle remaining 1 cup (or 4 ounces) of cheese on top of ground beef. Fold tortilla over so you have a half moon shape.
6. Working in batches (about 2 quesadillas per batch), spray cooking spray into pan and cook quesadillas (on

medium low heat) for about 2 minutes per side until golden brown and cheese is melted (carefully turning and watching to ensure they don't burn). While continuing batches, place cooked quesadillas on a baking sheet in preheated oven to keep warm.

Cut each half moon in half. Serve with salsa, guacamole and/or sour cream. Enjoy!