

Faith's favorite GROUND TURKEY QUESADILLAS

Ingredients

- | | |
|--|-------------------------------------|
| 1 tablespoon of olive oil | 2 teaspoons of chipotle powder |
| 1 yellow onion (peeled and minced) | 3 tablespoons of tomato paste |
| 1 pound of ground turkey | ¼ cup of low sodium chicken broth |
| 1 bell pepper (diced) | 12oz of shredded cheddar cheese |
| 1 cup of canned black beans (rinsed&drained) | 10 flour tortillas |
| 1 cup of canned corn (drained) | 1.5-2 tablespoons of taco seasoning |

Instructions

1. heat olive oil in a non-stick pan over medium heat. Add onion and cook 3 to 5 minutes until softened.
 2. Add ground turkey and break up into crumbles with a spoon. Add pepper, beans, corn, taco seasoning & chipotle powder. Heat until turkey is completely cooked through, about 10 to 12 minutes.
 3. Stir in tomato paste and broth and cook 1 to 2 minutes.
 4. Distribute half of the cheese among all tortillas (on one side of them).
 5. Distribute ground turkey mixture on top of cheese (about half a cup per tortilla). Sprinkle remaining cheese on top of ground turkey. Fold tortilla over so you have a half moon shape.
 6. Working in batches (about 2 quesadillas per batch), spray cooking spray or a drizzle of oil into pan and cook quesadillas (over medium-low heat) for about 2 minutes or so per side until golden brown and cheese is melted. Grease pan, as needed, between batches.
- Note: If your tortillas are smaller or larger than the size used here, the quantity you yield may vary.
7. Cut quesadilla in half so you end up with 20 pieces. Serve with salsa, guacamole and/or sour cream. Enjoy!