

# BLACK BEAN SOUP, QUESADILLAS & SALSA SALAD

Serves 2

Gluten-free, Vegan and Vegetarian options

## Ingredients

- 1 15-oz can black beans
- Whole beans: chunky soup  
refried beans: smooth soup
- 1 cup salsa
- ½ cup chopped cilantro or parsley
- 2 tsp ground cumin
- 1 clove fresh garlic, minced

## Ingredients

- Tortillas
- 2 large flour or 4 small corn
- Cheese, shredded (cheddar, jack, mozzarella, vegan shreds)
- Salsa
- Olive oil
- Salt

## Ingredients

- Corn
- canned, frozen or fresh
- Tomato (1 large, or ¾ cup of cherry tomatoes)
- Avocado
- Bell pepper
- Salt and pepper

## COST FOR TWO SERVINGS:

Soup:	\$4.19
Quesadillas:	\$4.91
Salsa Salad:	\$5.43
<b>TOTAL</b>	<b>\$14.53</b>

## SOUP

### Instructions

1. Combine all ingredients in a soup pot. Stir to mix.
2. Simmer until heated through, about 10 minutes.
3. Serve with additional cilantro or parsley, if desired.

## QUESADILLAS

### Instructions

1. Preheat oven to 400°
2. Lay tortilla flat on prep surface.
3. On one half of tortilla, spread cheese in an even layer.
4. Spread a small amount of salsa over cheese.
5. Fold tortilla into half moon.
6. Spray or carefully drizzle olive oil on tortilla. Sprinkle with salt.
7. Repeat with other tortillas.
8. Place quesadillas on cookie sheet, and put in oven.
9. Cook for 10 minutes, until cheese is gooey and melted.

## SALSA SALAD

### Instructions

1. Corn:
  - a. If using a can, drain corn and put corn in a bowl
  - b. If using frozen, defrost ½ cup of corn and place in a bowl
  - c. If using fresh, cut corn from cob and place in a bowl
2. Tomato:
  - a. Carefully dice tomato and place in bowl with corn
3. Avocado:
  - a. Cut avocado in half lengthwise, and twist to separate halves.
  - b. Using a spoon, scoop out the avocado from the side without a pit.
  - c. To remove the pit, place the tip of your knife in the base of the pit, where it meets the avocado, and gently pop it out.
  - d. Using the spoon, scoop out this side of the avocado.
  - e. Place avocado halves cut side down on cutting board. Scoop or cut away any black or brown spots.
  - f. Dice avocados, and place in bowl with corn and tomatoes
4. Pepper
  - a. Dice peppers, discarding seed pod and stem
- b. Place in bowl with other veggies
5. Assemble salad – sprinkle with salt and pepper to taste.

