



# EASY VEGGIE QUESADILLAS

★★★★★ 5 from 7 reviews

🕒 prep time: 20 MINS    🕓 cook time: 20 MINS  
🕒 total time: 40 MINS    🍴 yield: 4-6 SERVINGS 1X

## DESCRIPTION

These Easy Veggie Quesadillas are 100% customizable with whatever veggies you have on hand or happen to love most. See notes above for possible ingredient variations!

## INGREDIENTS

SCALE

1x

2x

3x

2 tablespoons olive oil, divided  
1 small sweet potato, peeled and diced into 1-cm cubes  
2–3 cups chopped veggies (*I used bell pepper, red onion and corn*)  
1 small jalapeño, cored and finely diced  
1 (15-ounce) can pinto or black beans, rinsed and drained  
1 teaspoon ground cumin  
1/2 teaspoon [chipotle chili powder](#) (or [regular chili powder](#)\*)  
fine sea salt and freshly-cracked black pepper, to taste\*  
4–6 large flour tortillas  
3–4 cups shredded Mexican-blend cheese  
1 cup chopped fresh cilantro  
dipping options: your favorite [salsa](#), [guacamole](#) and/or sour cream

## INSTRUCTIONS

- 1 Heat 1 tablespoon olive oil over medium-high heat in a large non-stick sauté pan. Add sweet potato and sauté for 5-6 minutes, stirring occasionally, until cooked through. Transfer to a separate plate and set aside.
- 2 Add the remaining 1 tablespoon oil to the pan. Add the veggies and jalapeño, and sauté for 4-5 minutes. Stir in the cooked sweet potato, black beans, cumin, chili powder, a generous pinch of salt and black pepper, and sauté for 2 more minutes. Taste and add more salt,

pepper and/or cumin if needed. Transfer the mixture to a large bowl and set aside. Rinse (or just wipe off) the sauté pan until it is clean.

- 3 Return the sauté pan to the stove, and reduce heat to medium. Place a tortilla\* in the center of the pan and immediately sprinkle your desired amount of cheese evenly over the surface of the tortilla. Add a few large spoonfuls (about 1 cup) of the veggie mixture on one half of the tortilla, then sprinkle on some cilantro. Fold the other side of the tortilla over to create a half moon. Continue cooking for another 30 seconds or so, or until the bottom of the tortilla is crisp and golden. (Just lift it up and take a peek to see when it's ready to go.) Then carefully flip the tortilla over and cook it for an additional 30-60 seconds on the second side.
- 4 Transfer to a serving plate\*, slice into triangles, then repeat with the remaining ingredients.
- 5 Serve warm, along with your favorite salsa, guacamole and/or sour cream for dipping.

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## NOTES

- i **\*Chili powder:** As always, I'm referring to American-style chili powder here. (If you live outside of the USA, be careful because international chili powders are much spicier.)
- i **\*S&P:** I ended up using a little over 1 teaspoon fine sea salt and 1/2 teaspoon freshly-cracked black pepper, as a reference. But as always, add your desired amount of salt and pepper to taste.
- i **\*Crispy tortillas:** If you would like your tortillas to be a bit more crispy, drizzle (or my preference — mist) the sauté pan with oil each time before you add the tortilla.
- i **\*Storage instructions:** If you are making a big batch and would like to keep the quesadillas warm before serving, just transfer them to a sheet pan and store the quesadillas in a 200°F oven until ready to serve. Leftover quesadillas can be stored in an air-tight container and refrigerated for up to 3 days or frozen for up to 3 months.

Find it online: <https://www.gimmesomeoven.com/easy-veggie-quesadillas-recipe/>