

SPICY BLACK BEAN AND SWEET POTATO QUESADILLAS

INGREDIENTS

for the black beans

1 pound dried black beans
1 tablespoon olive oil
1 yellow onion, finely chopped
5 cloves garlic, minced
1 tablespoon cumin
1/2 teaspoon red pepper flakes
4 cups water
1/2 cup cilantro, chopped
2 teaspoon salt, plus more to taste

for the quesadillas

4 10-inch flour tortilla
2 medium sweet potatoes, peeled and cut to 1/2 inch cubes
2-3 tablespoons olive oil
1/2 teaspoon cumin
2 medium jalapeños, sliced (discard the seeds)
vegetable oil or cooking spray
2 cups black beans
2 cups pepper jack cheese (cheddar will do as well)
cilantro to garnish (optional)

DIRECTIONS

Place the beans in a large bowl. Pick them over, then cover them with water and allow to sit overnight, covered.

When the beans have been soaked, heat a large dutch oven over medium heat and add the oil. Add the onions and sweat for about 5 minutes. The onions should not brown, but become soft and translucent. Add the garlic, cook for another minute. Mix in the cumin and pepper flakes, and cook for a minute more. Add the beans to the mixture along with the 4 cups of water, stir. Bring the beans to a boil and reduce heat to simmer. Allow to simmer for one hour, covered. After an hour, add the cilantro and continue to cook for another hour, covered, stirring occasionally. The beans should be tender and the liquid should become thick. Add the salt, plus more to taste.

Heat oven to 350F. Line a baking sheet with parchment paper. In a work bowl, combine sweet potatoes, jalapeños, olive oil, cumin and little bit of salt and pepper. Toss to combine. Arrange in a single layer on the baking sheet. Roast for 20-25 minutes, or until soft. Remove from oven and let cool slightly.

Heat a non-stick skillet over medium-low heat and add a bit of oil (or baking spray) to the pan. Place in a tortilla and then place 1/2 cup of beans, a fourth of the sweet potatoes and 1/2 cup of cheese. Fold over the tortilla and let

cook for 1 minute or two, looking under the down-side to see if it is getting brown. When you think it is ready (a minute or two), carefully flip over the quesadilla and brown for another minute or two (it should hold its folded over shape by now, because the cheese is holding it together). Slice onto a cutting board or place and cut into quarters or thirds. Serve as is or with salsa, sour cream or guacamole.