

Beef Quesadilla

Serves 6

Ingredients

Ground Beef	1	Pound
Salt	½	Teaspoon
Chili Powder	1	Tablespoon
Paprika	1	Tablespoon
Cumin	½	Teaspoon
Garlic, minced	1	Each
Bell Pepper, diced	1	Each
Onion, diced	1	Each
Cheddar Cheese, shredded	1	Cup

Method

1. In a 2 quart sauce pan add ground beef, salt, chili powder, garlic, cumin, paprika, and enough water to cover meat. Bring to a boil. Simmer over medium low heat about 1 hour.
2. Then add onion and chopped bell pepper and continue cooking for 20 minutes.
3. Heat a thin layer of oil in a heavy medium-size pan over medium-low heat. Place a tortilla in the pan and sprinkle with cheese
4. Add meat mixture and top with a little more cheese.
5. Flip over quesadilla and cook for additional two minutes.
6. Cut into wedges and serve.

⊛ Brown rice flour tortilla is recommended