



HARVEST OF THE MONTH

Ingredient: Beef & Bison

Beef & Bison Quesadillas

PREP TIME:	10 minutes
COOK TIME:	40 minutes
TOTAL TIME:	50 minutes
SERVINGS:	4 quesadillas
AUTHOR:	Adapted from FoodCorps

INGREDIENTS

- ¼ cup veggie of choice, like corn, spinach, or peppers
- 8 6' whole wheat tortillas
- 1 cup shredded cheddar cheese
- ½ cup ground beef and bison (or your choice of protein)
- ¼ tsp olive oil
- 2 tablespoons of salsa (optional)

INSTRUCTIONS

1. Heat a large skillet over medium-high heat.
2. Add the ground meat to the hot skillet. Use a spatula or wooden spoon to break it into pieces.
3. Let the ground meat brown without stirring too much for about 3–5 minutes.
4. As the meat begins to brown, start breaking it into smaller pieces with your spatula or spoon.
5. Continue to stir and break up the ground meat until it's cooked through and no longer pink. Once cooked, use a slotted spoon or a paper towel to drain off any excess fat.
6. Brush one tortilla with some oil and place it on the skillet.
7. Add ¼ cup of cheese, 2 tbsp of ground meat, and about 1 tbsp of corn or chopped veggies to the up-side of the tortilla and top with the second tortilla.
8. Brush the top-side of the second tortilla in oil.
9. Repeat steps 6–8 for all 4 tortillas.
10. Cook on each side about 3 minutes, or until the cheese is melted and both sides of the quesadillas are golden brown.
11. Cut in half or into 4th's and enjoy! Some suggested garnishes include: avocado slices, more salsa, cilantro, sour cream.