

# MARLEY SPOON



## Fully Loaded Quesadillas

with Beef & Veggies



ca. 20min



2 Servings

Warm, gooey cheese in toasted flour tortillas makes a quesadilla, but this fully loaded version has so much more. We fill the tortillas with shredded cheese and a savory filling made with seasoned grass-fed ground beef, peppers, onions, and red enchilada sauce. The quesadillas broil until browned and melted before we serve them with sour cream and guacamole for a deliciously saucy meal.



## What we send

- 1 bell pepper
- 1 medium yellow onion
- 10 oz pkg grass-fed ground beef
- ¼ oz taco seasoning
- 4 oz red enchilada sauce
- 6 (6-inch) flour tortillas <sup>1,2</sup>
- 2 (2 oz) shredded cheddar-jack blend <sup>3</sup>
- 2 (1 oz) sour cream <sup>3</sup>
- 2 (2 oz) guacamole

## What you need

- neutral oil
- kosher salt & ground pepper

## Tools

- medium skillet
- rimmed baking sheet

## Allergens

Soy (1), Wheat (2), Milk (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 1120kcal, Fat 62g, Carbs 79g, Protein 56g



### 1. Prep ingredients

Halve **bell pepper**, remove stem and seeds, and cut into ½-inch pieces. Cut **onion** into ½-inch pieces.



### 2. Brown beef

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **beef** and **a pinch each of salt and pepper**. Cook, breaking beef up into smaller pieces, until well browned, 5-7 minutes.



### 3. Cook veggies

If skillet looks dry, add **another tablespoon oil**. Add **bell peppers and onions** to skillet with **beef**. Season with **a pinch each of salt and pepper**. Cook, stirring occasionally, until veggies are tender, 7-9 minutes. Add **taco seasoning** and cook until fragrant, about 30 seconds.



### 4. Build filling

Add **enchilada sauce** and **3 tablespoons water** to skillet with **beef and veggies**; bring to a simmer, scraping up bits from the bottom of the skillet. Cook, stirring, until water is evaporated and beef is nicely coated, 1-2 minutes more. Remove from heat and season to taste with **salt and pepper**.



### 5. Build quesadillas

Preheat broiler with a rack in the upper third.

Brush one side of each **tortilla** generously with **neutral oil**. Arrange tortillas on a rimmed baking sheet, oiled side down. Divide **beef mixture** among tortillas, spooning filling onto 1 half of each tortilla, then top with **shredded cheddar-jack cheese**. Fold in half to close. Transfer to a baking sheet in a single layer.



### 6. Broil & serve

Broil **quesadillas** on top oven rack until **cheese** is melted and **tortillas** are golden brown, flipping **quesadillas** halfway through, 2-4 minutes (watch closely as broilers vary). Let cool for 5 minutes, then cut into wedges, if desired.

Serve **quesadillas** alongside **sour cream** and **guacamole**. Enjoy!