**Quick Quesadillas**

**Servings**: 4

**Prep Time**: 10 Minutes

**Cook Time**: 5 Minutes

**Total Time**: 15 Minutes

**Equipment Needed**: Measuring Utensils, Pot, Can Opener, Skillet

**Ingredients:**

4 Flour Tortillas (I used refrigerated [Tortilla Land](https://www.google.com/search?client=safari&sca_esv=abf976e12d8dcb8e&sca_upv=1&channel=iphone_bm&q=tortilla+land+flour+tortillas&uds=ADvngMhwpu-wGb-w3l5b-6PJUzovrD2DNJvVk1WNx5SoC7j4DcQE6zTQ9Y87WxOhjR7K-A_VMzlFf067ew3ML8fXSWLbCJMgeAK1tTkJkIppUPFw0MUJcYVZ8PoaEnyLIT8WP--tLo4SC1Qk3KTKPApQqJtJgCY8ZuNcaRDfU82VQS-9wXWkTJTkGRpBYLOz49JAEGnjWoJcOGpYCvFyspIzfH0lUM1b4wtqAkwGz-RyIom_g8q57B930gmu7QEFuUFRLWq5eaCPN9I_9lspErPfbddZ3gCNR2e0RzK1Vi9xkBM4ys6VkrDgjg2m9Jztt__OapdNQsnRiJo7vyjzqrzPVG5UE-O8wQ&udm=28&prmd=ivnmbtz&sa=X&ved=2ahUKEwiJ39if4YCGAxVe5skDHWb6BR8QtKgLegQIDhAB&biw=1792&bih=869&dpr=2) brand)

1 Can Refried Beans

1/4 teaspoon Chipotle Powder OR Chili Powder

1/4 teaspoon Smoked Paprika OR Paprika

1/4 teaspoon Cumin

1/4 teaspoon Onion Powder

1/4 teaspoon Garlic Powder

**Directions:**

1. To cook the Quesadilla, either place them in a non-stick pan (oil-free) OR use a pan sprayed with cooking spray OR just a little oil. Cook the Tortilla for several minutes until lightly browned, then flip and repeat on the second side. Repeat this step with the remaining tortillas.
2. Divide the mixture between the Flour Tortillas, spreading it over half the tortilla. Then fold each Quesadilla in half. Cut using a Pizza Cutter, if possible.
3. Buy Pico de Gallo in your local grocer to fill a Quick Quesadilla (check the date for freshness)
4. ALWAYS drain liquid before filling the Quesadilla or you will find yourself with a sloppy wet mess.
5. Use a Pizza Cutter to slice through them.

**Vegan Cheez Sauce**

**Servings:**           12

**Prep Time**:     10 Minutes

**Cook Time**:      20 Minutes

**Total Time**:     30 Minutes

**Equipment Needed**:   Blender, Pot, Spoon/Spatula, Measuring Utensils

**Ingredients**:

4 ounces          Pimentos OR Roasted Red Bell Peppers

½ Cup                          Cashews

1 Cup                           Water

¼ Cup                          [Nutritional](https://www.google.com/search?client=safari&sca_esv=65b627a4699ea87d&sca_upv=1&channel=iphone_bm&q=nutritional+yeast+flakes&tbm=shop&source=lnms&prmd=sivnmbtz&ved=1t:200715&ictx=111&biw=1540&bih=819&dpr=2) [Yeast Flakes](https://www.google.com/search?client=safari&sca_esv=65b627a4699ea87d&sca_upv=1&channel=iphone_bm&q=nutritional+yeast+flakes&tbm=shop&source=lnms&prmd=sivnmbtz&ved=1t:200715&ictx=111&biw=1540&bih=819&dpr=2" \t "_blank)

¼ Cup                          Oats

2 Tablespoons             Lemon Juice

1 Tablespoon              Onion Powder

1 teaspoon                  Salt

2 Tablespoons             Cornstarch

¼ teaspoon                 Turmeric (optional)

¼ teaspoon                 Paprika (optional)

¼ teaspoon                 Garlic Powder (optional)

*Variations~*

¼ teaspoon                 Cumin – for Mexican Dishes

Remove Cornstarch    If using for Au Gratin Potatoes

**Directions:**

1.     Blend until smooth and creamy.

2.     In a pot, place 1 and ½ cups water to boil.

3.     Add the Cheez mixure into the pot, stirring until thickened.

4.     Serve and Enjoy!