

# Cooking with OFS



<b>Recipe</b>	<b>TACO SOUP &amp; QUESADILLAS</b>
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 <b>For # people</b>	12 people	 <b>Cooking time</b>	30 minutes
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## INGREDIENTS

<b><u>Taco Soup</u></b> 2 packages of taco seasoning 1/2 cup of olive oil 2 large yellow or red onion finely chopped Salt and pepper 2 pounds ground beef 2 jalapenos, finely chopped 2 cans (540 ml) kidney beans, drained and rinsed 2 cans (540 ml) black beans, drained and rinsed 2 cans (796) diced tomatoes 5 cups of low sodium chicken or vegetable stock or water 4 cups of frozen corn	<b><u>Sheet Pan Quesadillas</u></b> 2 tablespoons of canola or vegetable oil 12 flour tortillas 4 cups of shredded cheddar cheese blend Chile powder 1 cup of frozen kernels Salt  <b>Optional:</b> 1 bunch of cilantro, Grated Cheddar, 1 bag of tortilla chips, 4 limes, chopped avocado, pickled red onions
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## DIRECTIONS

<b><u>Taco Soup</u></b> <ul style="list-style-type: none"><li>• In a large pot, heat oil over medium.</li><li>• Add onion and cook, stirring occasionally for 2-3 minutes.</li><li>• Add ground beef, breaking it up with a spoon; cook until brown and pink is gone for about 5 minutes. Add salt, pepper and package of taco seasoning.</li><li>• Drain and rinse the kidney and black beans. Add to the pot.</li><li>• Stir in the tomatoes including all the juices.</li><li>• Add the chicken or vegetable stock</li><li>• Increase heat to medium to high until the soup boils. Reduce heat to medium to low, covered for 20 minutes.</li><li>• Add in corn and cilantro.</li><li>• Add toppings: tortilla chips, avocados, cheese, cilantro</li></ul>
<b><u>Sheet Pan Quesadillas</u></b>

- Heat oven to 425 degrees.
- Add oil to a large sheet pan. Add the tortillas onto the pan spaced evenly.
- Divide the cheese to each tortilla. Sprinkle chilli powder if desired. Top with corn.
- Bake the quesadillas until the cheese is melted about 5 minutes and remove from oven. Using spatula fold each tortilla over itself to make a half moon. Sprinkle with salt and return to the oven until crispy for about 3 minutes.

## NOTES