

# Cheesy Ground Beef Quesadillas

Yield: 4 min  
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/ground-beef-quesadillas-recipes>

## Ingredients:

- 1/2 tablespoon olive oil
- 1 pound ground beef I used 'extra lean'
- 1 teaspoon chili powder
- 1 teaspoon chili powder chipotle
- 1/2 teaspoon oregano
- 1/2 teaspoon cumin
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1 tablespoon tomato paste
- 2 tablespoons unsalted beef stock
- 12 ounces shredded cheese blend -about 3 cups, or combination of cheddar, monterey jack and pizza mozzarella
- 6 flour tortillas mine were about 7 - 8 inch diameter
- baking spray to grease pan

## Nutrition:

1. Calories: 830 calories
2. Carbohydrate: 38 grams
3. Cholesterol: 165 milligrams
4. Fat: 53 grams
5. Fiber: 3 grams
6. Protein: 49 grams
7. SaturatedFat: 26 grams
8. Sodium: 1380 milligrams
9. Sugar: 3 grams

10. TransFat: 1 grams

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