

# Crispy Ground Beef Quesadilla

Yield: 4 min  
Total Time: 22 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-ground-beef-quesadilla-recipe>

## Ingredients:

- 1 pound ground beef 90/10 grind
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1 teaspoon Mexican oregano See Note 1
- 1 teaspoon garlic powder
- 2 tablespoons taco seasoning
- 1 yellow onion medium diced
- 2 tablespoons tomato paste
- 2 tablespoons water
- 15 ounces black beans drained
- 8 ounces corn kernels drained
- 1 avocado pitted and chopped
- 8 large flour tortillas
- cooking spray or vegetable oil
- 8 ounces sharp cheddar cheese shredded
- 8 ounces Monterey Jack cheese shredded