



SUPER STUFFED TORTILLAS

This recipe is an easy “skillet dinner” where you don’t have to heat the oven, but you still have a hot meal. It’s also very economical. You can make one, or enough for a crowd.

- 1-2 cloves garlic, minced
- 1 large onion, chopped
- ½-1 green pepper, chopped
- 2 cups whole kernel corn (drain, if canned)
- 1 small-medium zucchini, sliced
- 1 ½ tablespoons ground cumin (you could substitute chili powder)
- 2 cups cooked black beans (1 14-ounce can) Other beans may be substituted.
- 1 cup chicken or other broth (made from bouillon cube is OK)
- 6 tablespoons salsa or ½-2/3 cup diced tomatoes with chili
- Grated cheese: about ¼ cup for each tortilla
- Oil for frying
- *Salt, pepper, green onions, cilantro, sour cream, if desired

1. Sauté garlic, onion, and pepper until crisp-tender, about 3-5 minutes.
2. Add corn, zucchini, and cumin, and continue to sauté until all vegetables are tender, but not browned.
3. Add black beans, broth, and salsa or diced tomatoes with chili, and cook until there is no excess moisture. Remove from heat and add salt, pepper, sliced green onions, and/or chopped fresh cilantro if desired.
4. Preheat a fry pan with a bit of oil and place a tortilla (corn or flour) in the pan. Add cheese in the center of the tortilla and add ¼-1/2 cup of vegetable filling. When the tortilla is crispy, remove, and fold in half, or place a second tortilla on top, and flip, frying second tortilla until crisp.

Variation: Add or substitute spinach, roasted poblano peppers, or other vegetables for corn and zucchini. For a heartier meal, add leftover grilled chopped chicken or browned ground beef, pork, or turkey to the vegetable mix.