

For Busy Peeps

Easy Quesadillas



Ready in **20 minutes**

Serves **8 people**

280 calories

Ingredients

- 1 lb ground hamburger
- Pinch to 1 tsp of fine smoked salt
- 1 tbsp of butter
- ¼ cup chopped green onions (white part only)
- 2 cups spinach
- 4-5 Alii mushrooms (Oyster mushrooms)
- 1 cup sour cream
- 2 chipotle peppers in adobo sauce
- ¼ cup chopped cilantro
- 2 cups of grated cheese - Colby
- 1 cup of your favorite red salsa

Preparation

1. Brown hamburger until cooked. (no need to add oil to the pan). Add a pinch of smoked salt to taste
2. Remove hamburger and any excess oil from the pan.
3. Heat 1 tbsp of butter
4. Add spinach and cook until it wilts.
5. Add green onion and mushrooms. Add a little more butter if there is moisture in the pan. Cook for 2-3 minutes, until the mushrooms are soft
6. Smash 2 chipotle peppers with a fork, or blend in a small blender with 2 tbsp of water
7. Mix chipotle with sour cream
8. Spread about 1 Tbsp of the sourcream mixture on the tortilla.
9. Add the hamburger, and cheese
10. Take another tortilla and add sour cream mixture and put it on the hamburger mixture. Top with desired amount of cheese, about ¼ cup.

11. Heat in the microwave for 30 seconds to one minute, or until the cheese melts.
12. Top with a little cilantro and desired amount of salsa.
13. Repeat 7 more times to make 8 quesadilla

Tips

You can do cheese quesadillas, or add chicken. Be creative. These are so easy and children enjoy putting them together. Bring them into the process to instill a love of creating good food. An easy way to peel cloves of garlic is to pour hot water over it and let it sit for 1 minute. The skin comes off without any effort.

Spiritual message in this recipe

There are always easier or more efficient ways to do things. What is something you wish you could make easier? Share your quest with your friends, research other methods. Seek and you shall find.