

ABWA Mo-Kan Chapter is hosting a cooking class!

Come join the fun!



Let's fill our freezer with some flavorful quesadillas and fajitas!!

This recipe makes 6 servings that will be perfect for a quick and healthy meal when you want it.

So, grab a glass of wine and join us for a hands-on virtual cooking class and make your own quesadillas and fajitas.



We will be using gourmet products from **THE COCOA EXCHANGE®**

When:	Thursday, September 17th at 6:00 PM
Where:	<i>We'll be on a Zoom meeting, so anywhere you'd like!</i>
\$:	\$40 participation fee includes virtual cooking class via Zoom, 2 TCE (The Cocoa Exchange) products and 2 recipes!

Sign up and pay by September 7th (for TCE products to get to you in time) on our [website](#).

A short list of ingredients will be shared so you can be prepared to have some fun!

Questions? Contact [Amanda Matusek](#) or [Abby Helin](#)

Invite your friends for more fun!



TCERECIPES.COM

Black Bean, Caramelized Onion and Super Greens Quesadillas

Ingredients

- 1 tbsp unsalted butter
- 1 large onion, sliced thin
- 1 clove garlic, minced
- 1 tbsp apple cider vinegar
- salt and pepper, to taste
- 1 can black beans, drained and rinsed
- 2 tsp POD & BEAN® Mexican Seasoning Blend
- 4 large corn or flour tortillas
- 1 cup jack cheese
- spinach or kale, fully cooked and chopped

Directions

- 1 Heat a large sauté pan over low-medium heat. Add unsalted butter and sliced onions.
- 2 Cook onions slow and low, stirring occasionally for 25 minutes as the onions brown and caramelize. Add garlic, apple cider vinegar, sea salt and black pepper. Cook until liquid is evaporated, then remove from heat and cool.
- 3 In a small bowl, mix black beans with POD & BEAN® Mexican Seasoning Blend and set aside.
- 4 Cut tortilla in half and sprinkle bottom half with 1/8 cup cheese. Layer black beans, a handful of chopped greens and 1/4 caramelized onions. Add remaining 1/8 cup of cheese and top with tortilla. Repeat for all portions.
- 5 Heat a cast iron skillet to medium heat and drizzle olive oil. Add quesadilla, cooking each side for 2-3 minutes until crisp and brown.

Chef Tip

- 6 Make these ahead of time and freeze for later! After the final step, let cool, then transfer to reusable storage containers and freeze. To serve, defrost in refrigerator overnight and then bake in a 300° F oven or toaster oven for 8 minutes.

You will need either quart size freezer bags or a container for storing in freezer.



Mexican Fajita Freezer Stir-Fry

Ingredients

- ½ tsp salt
- ¼ tsp ground black pepper
- ¼ cup canola oil
- ¼ cup POD & BEAN® Taco Starter
- 1 tbsp POD & BEAN® Mexican Seasoning Blend
- 1 ½ lbs chicken tenderloins, cubed 1/2 inch
- 1 15 oz. can black beans, drained and rinsed
- 1 15 oz. can corn nibbles, drained
- 1 large red bell pepper, seeded and sliced
- 1 large green bell pepper, seeded and sliced
- 1 small jalapeno, seeded and sliced
- 1 medium red onion, sliced
- ½ cup cilantro leaves, whole
- 1 bag UNCLE BEN'S® Pinto Beans & Rice or SEEDS OF CHANGE™ Spanish Style Rice
- POD & BEAN® Black Bean & Roasted Corn Salsa or Roasted Chipotle Salsa, for garnish (optional)

Directions

Freezer Prep

- 1 To a quart-sized freezer bag, add salt, pepper, oil, POD & BEAN® Taco Starter and seasoning blend. Shake to mix. Add in chicken pieces and massage to coat chicken. Seal bag.
- 2 To a gallon size freezer bag, add beans, corn, bell peppers, jalapeno, onion and cilantro leaves. Lay the bag on the counter to flatten, then insert the chicken bag and seal.
- 3 Place in freezer until needed. Thaw in refrigerator for at least 12 hours (24 hours is ideal) prior to reheating.

To Serve

- 4 Heat large frying pan on medium-high heat (no oil needed); add thawed chicken pack first and cook for 5 minutes.
- 5 Next, add the veggie pack and cook for an additional 5 minutes or until chicken is fully cooked.
- 6 Serve over UNCLE BEN'S® or SEEDS OF CHANGE™ Ready Rice, topped with a spoonful of POD & BEAN® salsa if desired.

Chef Tips

- 7 Adding the oil to the simmer sauce and spice blend not only helps marinate the chicken, it also help protect it from freezer burn.
- 8 Remove pack from freezer 24 hours before and thaw in the refrigerator for optimum use.

You will need either quart size freezer bags or a container for storing in freezer.