Bean Quesadillas

1 can black beans

1/2 onion, finely sliced

1 clove garlic, minced

2 teaspoons taco seasoning

1 roasted red pepper, finely sliced

1/2 Tablespoon tomato paste

1 teaspoon sugar

1/2 teaspoon salt

1/2 cup water

1 cup Colby Jack cheese

flour tortillas

avocado, sliced

Drain and rinse beans.

Heat oil in skillet.  Add onion and cook 10 minutes.

Add garlic and cook 2 minutes.

Add taco seasoning and cook 2 minutes.

Add beans, red pepper, tomato paste, sugar, salt and water.  Cook 15 minutes.

Mash mixture to break up beans.

Sprinkle cheese over tortilla.

Spread a spoonful of bean mixture over cheese.

Top with more cheese and another tortilla.

Heat oil in skillet.  Fry quesadillas until browned on each side.

Cut tortillas in wedges and sere with avocado slices.