Quesadillas - Beef, Chicken, & Veggie

Ingredients
6- 8 eight inch flour or almond tortillas
2 cups of shredded Monterey Jack Cheese
1/2 cup cilantro, roughly chopped
1 cup corn kernels, thawed from frozen or can drained
One filling of your choice

Quesadilla Spice Mix:
1 tsp each: onion powder, dried oregano, salt
2 tsp each: cumin powder, paprika
1/4 tsp black pepper

Beef filling:
1/2 tbsp olive oil
2 garlic cloves, minced
1/2 onion, finely chopped
1 lb ground beef
1 small bell pepper, diced
2 tbsp tomato paste
1/4 cup water

Chicken filling:
2.5 tbsp olive oil
1 lb. chicken breast or thighs, skinless & boneless
2 garlic cloves, minced
1 small onion, chopped
1 small bell pepper, diced

Vegetable filling:
2 tbsp vegetable oil
1 onion, diced
2 cloves garlic, minced
1 can black beans, drained
1 bell pepper, diced
1 cup corn
1/4 cup tomato paste
1/4 cup water

Instructions
Quesadillas
1. Place tortilla on work surface. Sprinkle one side with a little cheese, top with filling. Sprinkle with corn, cilantro, and top with cheese. Fold in half.

2. Preheat nonstick skillet over medium low heat (if not nonstick use cooking spray to coat the pan).
3. Place the quesadilla in the skillet, press down lightly, cover with lid. Cook for 3 minutes until underside is golden brown and crispy.
4. Carefully flip the quesadilla over. Press down lightly. Cook for 3 minutes until crispy on the other side. Do not cover.
5. Transfer to a cutting board, cut in half. Serve immediately.

Beef filling:
1. Heat oil in skillet over medium high heat. Add onion and garlic, cook for 2 minutes.
2. Add beef and cook breaking up the beef. Once it changes from pink to brown, add the bell pepper. Cook for one minute.
3. Add the tomato paste, water, and spice mix. Cook for 2 minutes. Transfer to a bowl to cool.

Chicken filling:
1. Drizzle chicken with 1 tbsp olive oil, toss to coat. Sprinkle over spice mix, toss well to coat.
2. Heat 1 tbsp oil in a large skillet over medium high heat. Add the onion and garlic and cook for 2 minutes. Add the bell pepper and cook for 1 minute longer. Transfer to a bowl to cool.
3. Return pan to stove, reduce heat to medium. Add remaining 1.5 tbsp of oil to the pan. Add the chicken and cook for 5 minutes until golden brown. Turn the chicken and cook for another 5 minutes or until the internal temperature of the chicken reaches 165 degrees Fahrenheit.
4. Transfer the chicken to a cutting board, cover with aluminum foil, and allow to rest for 10 minutes. Dice the chicken and add it to the reserved onion/bell pepper minture.

Vegetable filling:
1. Heat oil in a skillet over medium high heat. Add onion and garlic, cook for 2 minutes. Add the bell pepper and cook for another minute.
2. Add the beans, corn, tomato paste, water and spice mix. Cook for 2 minutes. Transfer to a bowl to cool.