

Easy Mexican Bean Taquitos

Yield: 20 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/authentic-mexican-taquitos-recipe>

Ingredients:

- canola oil approx 1 inch deep in large skillet
- 1 package corn tortillas pre-cooked, approx 20 tortillas
- 1 can refried beans
- 3 cloves garlic minced, optional
- cotija cheese crumbled, to top

Nutrition:

1. Calories: 60 calories
2. Carbohydrate: 9 grams
3. Fat: 2 grams
4. Fiber: 2 grams
5. Protein: 2 grams
6. Sodium: 115 milligrams

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