

Vegetarian Enchilada

Yield: 6 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/vegaterian-enchilada-recipe-new-mexico>

Ingredients:

- 1 can vegetarian refried beans 16oz can
- 1 can enchilada sauce 10oz can
- 1/2 teaspoon taco seasoning
- 12 cherry tomatoes
- 1/4 red onion
- 2 teaspoons olive oil
- 1 teaspoon cumin seeds
- 4 tortillas Large
- cilantro for Garnish, optional
- 3 teaspoons water
- 2 cups sharp cheddar cheese

Nutrition:

1. Calories: 320 calories
2. Carbohydrate: 26 grams
3. Cholesterol: 40 milligrams
4. Fat: 18 grams
5. Fiber: 2 grams
6. Protein: 14 grams
7. SaturatedFat: 9 grams
8. Sodium: 540 milligrams
9. Sugar: 3 grams

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