

Vegetarian Mexican Casserole With Black Beans

Yield: 9 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/vegetarian-mexican-recipe-ideas>

Ingredients:

- 2 cups chopped onion fresh or frozen
- 1 1/2 cups red pepper chopped, fresh or frozen
- 2 garlic cloves minced
- 3/4 cup salsa
- 2 teaspoons ground cumin
- 31 5/8 ounces black beans drained
- 12 corn tortillas 6-inch
- 2 cups cheese Monterey Jack and Cheddar blend, shredded
- 3 tomatoes chopped, optional
- 1/2 cup sour cream optional
- 1/2 cup sliced black olives optional

Nutrition:

1. Calories: 330 calories
2. Carbohydrate: 40 grams
3. Cholesterol: 35 milligrams
4. Fat: 13 grams
5. Fiber: 11 grams
6. Protein: 16 grams
7. SaturatedFat: 7 grams
8. Sodium: 760 milligrams
9. Sugar: 5 grams

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