

Vegan Mexican Lasagna

Yield: 8 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/best-vegan-mexican-lasagna-recipe-ever>

Ingredients:

- 1 tablespoon olive oil
- 1 cup yellow onion diced
- 3 garlic cloves minced
- 1 teaspoon paprika
- 1/2 tablespoon cumin
- 1 tablespoon chili powder
- 1/2 teaspoon sea salt
- 15 ounces refried beans make sure they're vegetarian
- 15 ounces black beans drained and rinsed
- 14 1/2 ounces diced tomatoes drained, or 5 to 6 fresh tomatoes, diced
- 15 ounces corn drained, divided
- 4 ounces diced green chiles
- 3/4 cup enchilada sauce
- 4 green onions chopped, plus more for topping
- 12 tortillas taco-sized
- 1 cup vegan cheese optional
- fresh cilantro
- avocado

Nutrition:

1. Calories: 570 calories
2. Carbohydrate: 93 grams
3. Fat: 14 grams
4. Fiber: 14 grams
5. Protein: 19 grams
6. SaturatedFat: 3 grams
7. Sodium: 1630 milligrams
8. Sugar: 11 grams

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