

Black Bean Mexican Pizza

Yield: 5 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/black-bean-mexican-pizza-recipe>

Ingredients:

- 5 dough
- 2 pounds bread
- 1 black bean spread recipe, recipe follows
- 1/2 cup red onion finely diced
- 2/3 cup red bell pepper diced
- 2/3 cup frozen corn thawed
- 1 jalapeño pepper seeded and finely chopped
- 4 handfuls fresh cilantro chopped
- 8 ounces grated cheese : a mix of Cheddar, Monterrey Jack, and Asadero
- 8 ounces romaine lettuce thinly shredded
- 2 limes cut into wedges
- sour cream for serving
- 15 ounces black beans drained - I like Bush's brand best.
- broth or water, if desired, to reach desired bean consistency
- 1/2 lime
- 1 teaspoon cumin
- 1 teaspoon chili powder
- 1/4 teaspoon garlic powder
- 1/8 teaspoon chipotle powder
- 1/4 teaspoon black pepper
- 1/2 teaspoon salt to preference
- 1/8 teaspoon cayenne optional

Nutrition:

1. Calories: 2430 calories
2. Carbohydrate: 270 grams
3. Cholesterol: 50 milligrams
4. Fat: 127 grams
5. Fiber: 26 grams

6. Protein: 56 grams
7. SaturatedFat: 39 grams
8. Sodium: 3870 milligrams
9. Sugar: 12 grams

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