

Mexican Lasagna (or Enchilada Casserole)

Yield: 8 min
Total Time: 40 min

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

Ingredients:

- 1/2 green bell pepper large, chopped
- 1/2 red bell pepper large, chopped
- 1/2 jalapeño pepper finely chopped, optional
- 2 cloves garlic minced
- 1 onion large, chopped
- 3 cups black beans cooked, 2 cans rinsed and drained
- 2 medium tomatoes diced
- 1 teaspoon chili powder
- 1/2 teaspoon cumin
- corn tortillas –at least 12
- 3 cups refried beans fatfree
- 1 cup salsa
- 1 can enchilada sauce or 1 1/2 cups homemade
- sliced black olives optional

Nutrition:

1. Calories: 200 calories
2. Carbohydrate: 36 grams
3. Fat: 1.5 grams
4. Fiber: 12 grams
5. Protein: 11 grams
6. Sodium: 900 milligrams
7. Sugar: 3 grams

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