

# Mexican Bean Pie

Yield: 6 min  
Total Time: 45 min

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

## Ingredients:

- 15 ounces black beans drained and rinsed
- 15 ounces pinto beans drained
- 16 ounces refried beans
- 2 ounces sliced black olives
- 7 5/8 ounces whole kernel corn, drained
- 1/2 cup chopped green bell pepper
- 1 jalapeno pepper seeded and minced
- 1 tablespoon ground cumin
- 1 tablespoon chili powder
- ground black pepper to taste
- 5 whole wheat tortillas
- 1 1/2 cups shredded cheddar cheese
- 1/2 cup salsa optional
- 1/2 cup sour cream optional

## Nutrition:

1. Calories: 390 calories
2. Carbohydrate: 41 grams
3. Cholesterol: 40 milligrams
4. Fat: 17 grams
5. Fiber: 11 grams
6. Protein: 20 grams
7. SaturatedFat: 9 grams
8. Sodium: 1190 milligrams
9. Sugar: 3 grams

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