

# Vegetarian Enchiladas

Yield: 4 min  
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-mushrooms-recipe-seasoned-salt>

## Ingredients:

- 6 corn tortillas I am using white corn tortilla
- 15 ounces crushed tomatoes
- 3 tablespoons oil
- 3 tablespoons all purpose flour
- 1 1/2 teaspoons chili powder
- 1 teaspoon dried oregano
- 1 teaspoon cumin seed powder
- 1 teaspoon sugar
- 1 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 cup water
- 1 tablespoon oil
- 3 cups spinach chopped
- 1/2 cup corn I am using frozen corn
- 1/2 cup mushroom chopped
- 1/3 cup sharp cheddar cheese shredded
- 1/3 cup mozzarella cheese shredded
- 1/2 cup sharp cheddar cheese shredded
- 1/2 cup mozzarella cheese shredded
- 1 jalapenos chopped, adjust to taste

## Nutrition:

1. Calories: 460 calories
2. Carbohydrate: 36 grams
3. Cholesterol: 45 milligrams
4. Fat: 28 grams
5. Fiber: 6 grams
6. Protein: 18 grams
7. SaturatedFat: 9 grams

8. Sodium: 1070 milligrams
  9. Sugar: 3 grams
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