

Mid-week Mexican Feast

Yield: 6 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-feast-recipe-ideas>

Ingredients:

- 1 1/2 avocados ripe
- 1/2 tomato chopped
- coriander finely chopped
- olive oil to taste
- salt
- pepper
- 1 1/2 chopped tomatoes
- 1/2 capsicum chopped yellow
- 1/2 brown onion chopped
- coriander finely chopped
- 1 red chilli small, chopped and deseeded
- vegetable oil coconut can be used too
- salt
- pepper
- 5 mushrooms medium
- olive oil
- salt to taste
- taco shells look for products with minimum number of ingredients
- blue corn chips
- 1 can red kidney bean
- 1 can corn kernels low salt

Nutrition:

1. Calories: 350 calories
2. Carbohydrate: 25 grams
3. Cholesterol: 10 milligrams
4. Fat: 20 grams
5. Fiber: 6 grams
6. Protein: 23 grams

7. SaturatedFat: 3 grams
 8. Sodium: 1350 milligrams
 9. Sugar: 8 grams
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