

# Bean and Cheese Enchiladas

Yield: 4 min  
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/el-indio-cheese-enchiladas-recipe>

## Ingredients:

- 2 cans pinto beans drained and rinsed
- 1 tablespoon butter
- 15 ounces tomato sauce
- 1 packet taco seasoning 1/4 cup
- 10 ounces enchilada sauce
- 2 cups shredded cheese I used Monterey Jack and cheddar
- 8 flour tortillas

## Nutrition:

1. Calories: 710 calories
2. Carbohydrate: 77 grams
3. Cholesterol: 70 milligrams
4. Fat: 32 grams
5. Fiber: 7 grams
6. Protein: 29 grams
7. SaturatedFat: 17 grams
8. Sodium: 2120 milligrams
9. Sugar: 17 grams

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