

# Baked Mexican Tortilla Pie – Vegetarian

Yield: 4 min  
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/thick-mexican-tortilla-recipe>

## Ingredients:

- 1 onion
- 1 bell pepper
- 2 tomato
- 2 teaspoons jalapeno pepper
- 1 teaspoon cumin powder
- 1 teaspoon taco seasoning optional
- 1 can black beans
- 1 can refried bean
- 10 ounces enchilada sauce
- 4 ounces diced green chilies
- 5 tortilla
- 1 1/2 cups mexican blend cheese
- 1/2 cup cilantro
- scallions – to garnish, optional
- salt – to taste
- 2 tablespoons oil
- sour cream
- salsa

## Nutrition:

1. Calories: 800 calories
2. Carbohydrate: 97 grams
3. Cholesterol: 55 milligrams
4. Fat: 32 grams
5. Fiber: 20 grams
6. Protein: 33 grams
7. SaturatedFat: 13 grams

8. Sodium: 3020 milligrams
  9. Sugar: 14 grams
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