

# Mexican Vegetarian Casserole

Yield: 4 min  
Total Time: 75 min

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

## Ingredients:

- 1 green bell pepper large, chopped
- 1 red bell pepper large, chopped
- 1 onion large, chopped
- 1 cup mushrooms chopped
- 1 cup frozen corn
- 5 cloves garlic chopped
- 2 jalapenos finely chopped
- 1 1/2 teaspoons cumin powder
- 1 1/2 teaspoons cayenne pepper
- 10 corn tortillas yellow
- 1 can fire roasted tomatoes low sodium or no salt added
- 1 can black beans low sodium
- 1 can beans vegetarian ferried, low fat, optional
- 2 ounces Cacique Queso Fresco part skim milk cheese
- 2 ounces salsa your choice, store bought or home made
- 10 tablespoons enchilada sauce
- 1/2 cup Mexican cheese shredded, 2% milk cheese
- 1/2 cup olives

## Nutrition:

1. Calories: 420 calories
2. Carbohydrate: 72 grams
3. Cholesterol: 15 milligrams
4. Fat: 9 grams
5. Fiber: 19 grams
6. Protein: 19 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 1190 milligrams
9. Sugar: 12 grams

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