

Skinny Mexican Casserole

Yield: 8 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/vegetarian-recipe-for-cornbread-mexican-casserole>

Ingredients:

- 1 tablespoon olive oil
- 2 cloves garlic minced
- 1 onion diced
- 1 red bell pepper diced
- 1 green bell pepper diced
- 15 ounces black beans drained and rinsed
- 1 cup corn kernels frozen, canned or roasted
- 1 teaspoon chili powder
- 1/2 teaspoon cumin
- kosher salt
- ground black pepper
- 4 1/2 ounces Old El Paso chopped green chiles drained
- 2 tablespoons cilantro leaves chopped fresh
- 4 whole wheat tortillas chopped
- 16 ounces fat-free refried beans Old El Paso™, warmed
- 10 ounces enchilada sauce Old El Paso™ mild
- 1 1/2 cups mexican blend cheese reduced fat shredded

Nutrition:

1. Calories: 290 calories
2. Carbohydrate: 33 grams
3. Cholesterol: 30 milligrams
4. Fat: 10 grams
5. Fiber: 9 grams
6. Protein: 17 grams
7. SaturatedFat: 5 grams
8. Sodium: 1440 milligrams
9. Sugar: 7 grams

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