

# Hearty Vegetarian Black Bean Enchiladas

Yield: 4 min  
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/mushroom-celery-onion-mexican-recipe>

## Ingredients:

- 8 tortillas – 10”
- 1 1/2 cups rice any variety, dry, organic
- 3 tablespoons avocado oil organic, unrefined
- 1/2 onion chopped
- 1 stalk celery chopped
- 1 green pepper small, chopped
- 1/2 orange pepper or yellow, chopped
- 1/2 cup mushrooms chopped
- 4 cloves garlic minced
- 1 cup tomato sauce organic
- 1 enchilada sauce recipe
- 1 teaspoon salt sea salt or Real Salt
- 1/2 teaspoon garlic powder organic, non-irradiated
- 1 teaspoon chili powder organic, non-irradiated
- 1/2 cup olives sliced, optional
- 1 can black beans drained and rinsed, organic OR cook your own
- 1 cup mozzarella shredded, grass-fed, organic

## Nutrition:

1. Calories: 900 calories
2. Carbohydrate: 126 grams
3. Cholesterol: 25 milligrams
4. Fat: 32 grams
5. Fiber: 16 grams
6. Protein: 28 grams
7. SaturatedFat: 9 grams
8. Sodium: 2490 milligrams

9. Sugar: 11 grams

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