

Vegan Slow Cooker Pinto Bean Enchiladas

Yield: 4 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/pinto-bean-recipe-crock-pot-mexican>

Ingredients:

- 3 tablespoons olive oil
- 2 tablespoons all purpose flour
- 3 tablespoons chili powder mild
- 1 1/2 teaspoons ground cumin
- 1 teaspoon garlic powder
- 2 cups water
- 2 tablespoons tomato paste
- 14 ounces pinto beans drained and rinsed
- 1 cup corn kernels fresh or frozen and thawed
- 1 onion medium, diced
- 3 garlic cloves minced
- 2 tablespoons diced green chiles from a can
- 2 teaspoons ground cumin
- 1 teaspoon oregano
- salt to taste
- 6 flour tortillas medium
- avocado slices
- fresh cilantro
- scallions Chopped

Nutrition:

1. Calories: 440 calories
2. Carbohydrate: 56 grams
3. Cholesterol: 5 milligrams
4. Fat: 17 grams
5. Fiber: 6 grams
6. Protein: 18 grams

7. SaturatedFat: 3.5 grams
 8. Sodium: 1280 milligrams
 9. Sugar: 6 grams
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