

Mexican Tortilla Pie

Yield: 6 min
Total Time: 55 min

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

Ingredients:

- 30 ounces pinto beans drained and rinsed
- 1 cup salsa divided
- 2 cloves garlic minced
- 2 tablespoons chopped fresh cilantro
- 15 ounces refried beans
- 1/2 cup chopped tomatoes
- 7 flour tortillas 8 inch
- 5/8 cup sauce Mae's humnut cheese
- parsley Dried, to garnish, optional
- enchilada sauce I used for top layer
- 2 1/2 tablespoons hummus
- 1 tablespoon nutritional yeast
- 1 pinch turmeric
- cheese
- water to thin

Nutrition:

1. Calories: 340 calories
2. Carbohydrate: 53 grams
3. Cholesterol: 5 milligrams
4. Fat: 8 grams
5. Fiber: 8 grams
6. Protein: 15 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 1190 milligrams
9. Sugar: 5 grams

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