

Mexican Pile On with Sweet Potato Chips and Guacamole

Yield: 2 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-mexican-pile-on>

Ingredients:

- 1 cup cooked rice
- 1 cup black beans cooked, try cooking your own to save money & minimize sodium content
- 1 cup portobello mushrooms fresh
- 1 yellow onion finely diced
- 1 red bell pepper diced
- 1 green bell pepper diced
- 1/2 cup cherry tomatoes
- 1 green onion spring, diced
- 1/4 cup cheese grated
- 1 sweet potato peeled and cut into thin slices using a mandolin
- 1 avocado ripe, peeled, pitted and cut into chunks
- 1 lime juice only
- 1 red onion small, diced
- 2 teaspoons coconut oil
- 1 teaspoon extra virgin olive oil
- 1/2 teaspoon red chili flakes
- 1 jalapeño small, diced
- 1 pinch sea salt

Nutrition:

1. Calories: 540 calories
2. Carbohydrate: 67 grams
3. Cholesterol: 15 milligrams
4. Fat: 27 grams
5. Fiber: 24 grams
6. Protein: 18 grams
7. SaturatedFat: 9 grams

8. Sodium: 670 milligrams

9. Sugar: 17 grams

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