

# Vegan Pinto Bean & Swiss Chard Enchiladas

Yield: 4 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/swiss-chard-bell-pepper-recipe>

## Ingredients:

- 1/2 cup raw cashews soaked
- 1/2 cup salsa
- 15 ounces pinto beans drained and rinsed
- 1 bell pepper chopped
- 1/2 teaspoon cumin
- 3/4 teaspoon salt
- 1 pinch cayenne pepper optional
- 3 chard , de-stemmed and torn
- 8 ounces enchilada sauce I use Frontera red enchilada sauce
- 12 corn tortillas
- avocado Cubed, for topping

## Nutrition:

1. Calories: 350 calories
2. Carbohydrate: 53 grams
3. Fat: 12 grams
4. Fiber: 9 grams
5. Protein: 13 grams
6. SaturatedFat: 2 grams
7. Sodium: 1290 milligrams
8. Sugar: 8 grams

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