

# Vegetarian Mexican Lasagna

Yield: 4 min  
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-veggie-lasagna-recipe>

## Ingredients:

- sour cream or Greek yogurt
- jalapenos Sliced
- diced avocado
- salsa
- fresh cilantro
- 1 tablespoon olive oil
- 1 small onion diced
- 1 bell pepper diced
- 1 teaspoon cumin
- 1 teaspoon paprika
- 1 teaspoon oregano
- 1 teaspoon chili powder
- 1/2 teaspoon salt
- 6 flour tortillas small
- 15 ounces vegetarian refried beans
- 15 ounces black beans rinsed and drained
- 15 ounces corn drained
- 10 ounces diced tomatoes with green chilis, drained
- 2/3 cup enchilada sauce
- 2 cups shredded cheddar cheese

## Nutrition:

1. Calories: 750 calories
2. Carbohydrate: 86 grams
3. Cholesterol: 65 milligrams
4. Fat: 33 grams
5. Fiber: 17 grams
6. Protein: 32 grams
7. SaturatedFat: 15 grams

8. Sodium: 1920 milligrams
  9. Sugar: 12 grams
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