

# Mexican Mushroom and Spinach Sandwich (Vegan Torta)

Yield: 4 min  
Total Time: 25 min

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

## Ingredients:

- 2 poblano peppers medium
- 2 tablespoons olive oil plus more if toasting
- 10 ounces cremini mushrooms or white button, thinly sliced
- kosher salt
- freshly ground black pepper
- 2 cloves garlic finely sliced
- 8 ounces fresh spinach leaves
- 1 cup vegetarian refried beans homemade or store-bought
- 2 tablespoons chipotle pepper in adobo sauce finely chopped
- 2 teaspoons dark molasses
- 4 sandwich rolls hearty
- 3 whole pickled jalapeño peppers stems and seeds removed, cut into strips
- 3/4 cup pickled red onions
- 1 handful fresh cilantro leaves
- 1 avocado sliced

## Nutrition:

1. Calories: 330 calories
2. Carbohydrate: 37 grams
3. Fat: 18 grams
4. Fiber: 6 grams
5. Protein: 10 grams
6. SaturatedFat: 2.5 grams
7. Sodium: 2010 milligrams

8. Sugar: 7 grams

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