

Black Bean Tortilla Stack



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Makes 6 Servings

What You Need

*This recipe is fun to make
and fun to eat too!*

1 package of flour tortilla shells (~8)
1 chopped large onion
2 cans black beans (you can also use
any kind of your favorite beans instead)

1 cup salsa (or more!)
2 cups cheese (feta or cheddar)

Per Serving

Calories 438
Carbohydrates 51 g
Protein 22 g
Fat 17 g
Dietary Fiber 9 g

How You Prepare

Spray one spring form pan or two pie plates with oil. Drain and rinse beans. Sauté onions in a bit of oil and mix with beans. Place a tortilla at the bottom of pan/pie plate. Put a layer of bean mixture on top of shell, a layer of salsa, a layer of cheese and then a tortilla shell and repeat layers until bean mixture is gone. Top with a tortilla shell and cheese. Bake at 350 degrees for 20 minutes. Optional: add cooked kernel corn, red/green pepper, and jalapeño peppers.