

Black Bean Tortilla Stack

This is a great vegetarian supper meal eaten fresh or cut into individual portions and frozen for fast lunches. Serve with a salad or raw veggies and dip for a complete meal.

Makes 6 servings

What you need:

- 1 package of whole grain flour tortilla shells (~8)
- 1 chopped large onion
- 2 large cans black beans (you can also use any kind of your favorite beans instead)
- 1 cup salsa (or more!)
- 2 cups cheese (feta or grated cheddar)

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 to the bean mixture.



Per serving:

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

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