

DINNER

Cheesy Tortilla Pizzas

8 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
40 min	20 min	20 min	4	\$1.41	333 kcal

You can never have too many main course recipes, so give Cheesy Tortilla Pizzas a try. This recipe makes 4 servings with 333 calories, 14g of protein, and 9g of fat each. For \$1.41 per serving, this recipe covers 18% of your daily requirements of vitamins and minerals.

Ingredients

- ☐ 16 ounce pinto beans, rinsed and drained
canned
- ☐ 1 tablespoon cider vinegar
- ☐ ¼ cup chopped fresh cilantro
- ☐ 1 green bell pepper, thinly sliced
- ☐ 1 jalapeño pepper, minced
- ☐ 2 ounces 1/2 cup shredded Monterey Jack cheese
with jalapeño peppers
- ☐ ¼ teaspoon salt
- ☐ 1½ cups grape or cherry tomatoes, halved
- ☐ 4 8-inch (8-inch) 98%-fat-free flour tortillas
(such as Mission)
- ☐ 1 garlic clove, minced
- ☐ 1 teaspoon ground cumin
- ☐ 3 tablespoons fresh lime juice, divided
- ☐ 1 small onion, chopped

EQUIPMENT Bowl, Frying pan, Baking sheet, Oven, Blender

Method

- 1

Preheat oven to 40
- 2

Combine pinto beans, 2 tablespoons lime juice, cumin, and garlic in a blender; process until smooth, scraping sides. Set aside.

- 3 Combine remaining 1 tablespoon lime juice, tomato, and next 4 ingredients in a small bowl. Toss well, and set aside.
- 4 Place tortillas on a baking sheet; bake at 400 for 10 minutes or until crisp, turning after 5 minutes.
- 5 Place a large nonstick skillet coated with cooking spray over medium-high heat.
- 6 Add bell pepper and onion. Coat vegetables with cooking spray; cook 6 minutes or until onion is tender. Stir frequently.
- 7 Spread 1/4 cup bean mixture on each tortilla. Divide tomato mixture evenly over bean mixture.
- 8 Sprinkle each with 2 tablespoons cheese.
- 9 Bake an additional 4 minutes or until cheese melts.

Nutrition per serving

333
KCAL

14 g
PROTEIN

9 g
FAT

49 g
CARBS

Saturated Fat	4.4 g · 27% of daily needs
Fibre	8.4 g · 34% of daily needs
Sugar	6.3 g · 7% of daily needs
Sodium	919 mg · 40% of daily needs
Cholesterol	12.6 mg · 4% of daily needs
Vitamin C	46.8 mg · 57% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/cheesy-tortilla-pizzas-148637