

STOVETOP VEGETARIAN TORTILLA PIZZA

INGREDIENTS

- 1/4 cup low-sodium vegetable broth
- 1/2 cup onion, diced
- 1 cup white button or cremini mushrooms, thinly sliced
- 1 cup bell pepper, diced
- 1/4 teaspoon salt
- 1/2 cup canned tomato sauce
- 1/2 cup canned refried beans
- 1 cup shredded cheese, divided
- 1/2 cup fresh tomatoes, diced and divided
- 2 10-inch whole-wheat tortillas



Courtesy of the Academy of Nutrition and Dietetics

DIRECTIONS

1. Heat vegetable broth in a saucepan over medium heat. Add onion, mushrooms, bell pepper, salt and black pepper. Cook for about 5 minutes, stirring occasionally, until vegetables become soft and most of the broth has evaporated.
2. Mix tomato sauce and refried beans in a microwave-safe bowl until well combined. Cover and cook in the microwave on high for 1 minute.
3. Place tortilla in a large skillet over low heat. With the back of a spoon or a rubber spatula, spread half of the bean and tomato sauce mixture onto the tortilla to make a thin, even layer. Layer on 1/4 cup cheese and 1/4 cup diced tomatoes. Add half the cooked vegetable mixture and sprinkle on another 1/4 cup cheese.
4. Cook 3 to 5 minutes or until bottom of the tortilla is slightly crispy and the cheese has mostly melted. Remove from the skillet and repeat the process with the other tortilla. Slice pizzas in half or quarters and serve immediately.