

CHORIZO AND BEAN STEW

INGREDIENTS:

- 100g chorizo sausage cut into bite sized pieces
- 1 x 400g can cannellini beans, drained
- 1 pepper deseeded and sliced (any colour will do or mixed)
- 1 small red onion, chopped
- 4 large tomatoes or a small handful cherry tomatoes, chopped
- 150ml chicken or beef stock
- 2/3 tbsp olive oil
- 2 cloves garlic, finely chopped
- Chilli flakes (optional)
- Fresh parsley

NOTES:

Serve with crusty bread or rice.

Freezes well.

Preparation time:

15 min

Cook time:

35 min

Total time:

50 min



DIRECTIONS:

1. Heat the oil in a pan on a medium/high heat and add the onions and peppers. Allow to soften slightly and just begin to colour.
2. Add the garlic and chorizo, frying until the oils & juices begin to run.
3. Add the tomatoes and gently fry for a few more minutes.
4. Add the beans, chilli flakes (if using) and stock.
5. With the back of a spoon, crush some of the beans (this will thicken the stew) but leave most of them whole.
6. Allow to simmer for around 10 -15 minutes or until the liquid has reduced and you have a thick soup consistency.
7. Season to your taste preference and garnish with fresh parsley.