

POT LUCK
Chorizo Stew for Two



Ingredients:

Vegetable oil

1 onion, peeled and chopped

1 clove garlic, peeled and crushed

1 pepper – deseeded and diced

1 celery stick diced

1 piece of chorizo diced (papery skin removed and about the size of a small sausage)

1 tbsp tomato puree

1 can chopped tomatoes

150ml vegetable stock

1 can beans (drained) – red beans or butter beans – whatever is cheapest

Crusty bread to serve

Method:

1. Heat oil in large saucepan, add the onion and celery and cook until soft.
2. Add the pepper and garlic to the pan and cook until soft.
3. Stir in tomatoes, stock and garlic. Add the chorizo sausage - bring to boil.
4. Cover and simmer for 15 mins.
5. Add the beans to the saucepan and cook for further 5 mins.
6. Serve with crusty bread.