

Chorizo + Bean Soup

Packed with flavour + goodness - This chorizo + bean soup works mid - week or for a substantial weekend lunch that can even be prepared the day before - thank you @barb for the recipe - hope you don't mind me sharing...

2 tbsp olive oil
1 brown onion, finely chopped
2 cloves garlic, finely chopped
1 carrot, finely chopped
3 chorizo, sliced on a diagonal
¼ tsp turmeric
½ tsp cumin
¼ tsp chilli flakes
400g tin tomatoes
400g tin cannellini beans, drained + rinsed
2 lt chicken stock
1 cup small pasta (I used fusilli)
a large handful of parsley
salt + pepper

Heat oil in a large heavy saucepan over medium heat + saute garlic, chorizo, onion, + carrot for a few minutes until soft. Add spices + cook for one minute.

Add tomatoes, beans + chicken stock. Bring to the boil, add pasta + reduce to a simmer - for about 20-30 minutes until pasta is just cooked. Check seasoning + add salt + pepper if necessary. Serve topped with parsley, hot crusty bread (with loads of butter on the side).

Bam! Your el rustico soupa is ready!

Note: You can change it up by adding lentils or chickpeas instead of cannellini beans - even sliced zucchini would be nice.

