



## Chorizo and bean stew

700g potatoes, quartered  
60ml olive oil  
1 red onion, peeled & chopped  
500g chorizo sausage, sliced  
4 garlic cloves, crushed  
1 teaspoon dried chilli flakes  
400g can butter beans  
400g can chopped tomatoes  
2 bay leaves  
150ml chicken or beef stock  
4 tablespoons chopped flat-leaf parsley

Place the potatoes in a large saucepan of cold, salted water. Bring to the boil and simmer for 10 minutes or until just tender. Remove from heat. Drain.

Heat the oil in the same pan.

Add the onion and cook for 3-4 minutes until just softened.

Add the chorizo and cook until it starts to turn golden.

Transfer chorizo mixture to a plate and set aside.

Add garlic and chilli to the pan.

Cook for a few seconds, and then add potatoes, butter beans, tomatoes, bay leaves, chorizo mixture.

Pour in stock, bring to the boil, then reduce heat to low and simmer for 10 minutes.

Stir in parsley and serve with crusty bread.



This dish will feed 4 people