

Bean & Veggie Chorizo Stew

This is a super healthy dish. With its variety of ingredients, the bean and veggie chorizo stew creates a delicious and highly nutritious meal.

Cooking Aims:

To safely cut both soft and hard foods safely.

To cook and prepare a nutritious meal.

Ingredients:

- 1 red or green pepper
- Handful of cherry tomatoes
- Handful of baby sweetcorn
- Handful of snap peas
- Handful of mushrooms
- Bean Chorizo
- Tin of Kidney Beans
- Olive Oil
- Tin of chopped tomatoes
- 1 tsp paprika



What we need to do:

- Wash, deseed and chop the pepper.
- Chop cherry tomatoes and mushrooms in half.
- Slice baby sweetcorn and snap peas.
- Slice the bean chorizo into small pieces.
- Heat the oil in the saucepan for 1 minute then begin to stir fry the chopped veggies.
- Stir in the bean chorizo and paprika.
- Add chopped tomatoes and kidney beans to the pan and bring to the boil. Then cover the pan with the lid and leave to simmer for 20 minutes, stirring occasionally.