

## Spicy Chorizo & Bean Soup



### **Profitability:**

### **Steps:**

Soak the haricot beans overnight in plenty of cold water; drain them when ready to cook.

Heat the oil in a large pan and saute the prawns, onions, garlic, ginger and chilli until the onions are translucent.

Add the paprika and cook for a minute or two, then add the tomatoe puree and cook again, stirring so that you are almost frying the puree.

Now add the drained beans and pour in half the hot chicken stock.

Bring to the boil, and cover the pan and simmer for one and a half hours or until the beans are tender.

Add the lentils and the remaining litre of stock and cook for a furthur 30 minutes.

Season with salt and pepper.

To finish off, heat chopped chorizo in a hot pan and scatter over the soup with the coriander just before serving. Serve with crusty bread and a small green salad.

### **Ingredients:**

250g haricot beans, soaked overnight (good quality)

2 tbsp olive oil

2 onions, chopped

2 garlic gloves, chopped

2.5cm piece ginger, peeled and chopped

1 red chilli, split

1 red pepper, chopped

1 tbsp paprika

2 tsp tomato puree

2 litres hot chicken stock

200g lentils

Salt and fresh black pepper

200g fat prawns

200g hot chorizo sausage, chopped

Handful fresh coriander, chopped

Handful of flat leaf parsley, chopped