

Chorizo and Bean Stew

A go to for a week night, and inspired by another baldy git, Gregg Wallace. Does a turn for leftovers the next day at lunchtime, or in baked potatoes the following evening.

Ingredients

1 Spanish Chorizo (can be plain or spicy, I prefer the latter!)

1 onion, sliced

1 tin of good quality (GQ as I call it!) chopped tomatoes

1 tin of cannellini beans

1 tin of baked beans

Tomato ketchup

Fresh coriander, about half a bunch, chopped

Part baked bread

Method

This is the only tricky part. Slice the chorizo in half, then score along each portion. Peel away the skin from the line that you have scored. Once you've done that, slice each half into a further half, and then chop into little half-moons.

Put a frying pan on a medium-high heat and when its warm, add the chorizo. Let this develop some colour, and release the fat. Once you see some oil in the pan, add the onions and let them soften.

After this, add the cannellini beans and stir for about a minute before adding the baked beans, followed by the GQ tinned tomatoes. Stir, and then add 2 tablespoons of ketchup. Let this simmer for 15 min, and then add the coriander. Bake the bread in the oven as per the instructions on the packet.