

Quick bean & chorizo chilli

INGREDIENTS

- 100g chorizo, sliced
- 350g tub fresh tomato and chilli sauce (we used Waitrose)
- 400g can kidney beans, rinsed and drained
- 400g can chickpea, rinsed and drained
- rice and natural yogurt, or jacket potatoes and soured cream, to serve

DIRECTIONS

1. Dry-fry the chorizo for a few mins in a non-stick frying pan until crisp. Carefully pour off any fat from the pan, then tip in the sauce and beans with 100ml water. Bring to a simmer, cover, then lower the heat and bubble for 10 mins. Spoon over rice and serve with yogurt.