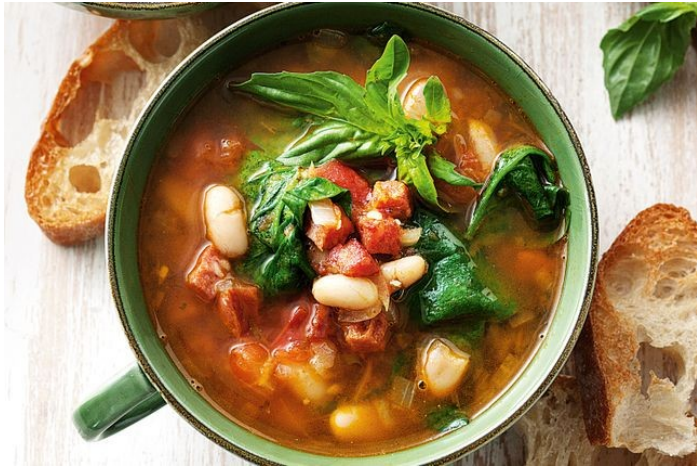


Tomato, chorizo and bean soup



★★★★★

0:15 Prep • 0:20 Cook • 4 Servings • Easy

This quick [soup](#) is high in fibre and a great winter warmer recipe.

YOUR LOCAL PRICING

Looks like your closest store is Coles Central Kings Cross 2011 [Change location](#)

coles


Baby Spinach & Rocket Leaves Prepacked 120g
\$25.00 per 1kg



Sleeved Basil 1 bunch
\$3.00 per 1ea

Prices available at displayed Coles store, may not be available at other stores or coles.com.au. Specials commence at 7am on start date, but may start before or extend beyond displayed dates. While stocks last. We reserve the right to limit sale quantities. Multi save price only available when purchased in the multiples specified.

Prices accurate as at: 17/07/2019

INGREDIENTS

- ☐ 2 teaspoons olive oil
- ☐ 2 chorizo sausages, cut into 1cm pieces
- ☐ 575g Napoletana pasta sauce
- ☐ 3 cups Massel chicken style liquid stock
- ☐ 400g can cannellini beans, drained, rinsed
- ☐ 100g baby spinach
- ☐ 1/3 cup fresh basil leaves
- ☐ Ciabatta bread, sliced, toasted, to serve

METHOD

- Step 1

Heat oil in a large saucepan over medium-high heat. Add chorizo. Cook, stirring, for 3 to 4 minutes or until crisp. Drain excess oil from pan. Add sauce and stock. Bring to the boil.
- Step 2

Place half the beans in a bowl. Roughly mash with a fork. Add all beans to soup. Reduce heat to low. Simmer, covered, for 10 minutes. Add spinach. Stir until spinach wilts. Ladle soup into bowls. Sprinkle with basil leaves. Serve with toasted ciabatta.

NUTRITION

1675 kj ENERGY	18.2g FAT TOTAL	5.6g SATURATED FAT	8.5g FIBRE	19.4g PROTEIN
20mg CHOLESTEROL	1885mg SODIUM	38.3g CARBS (TOTAL)		

All nutrition values are per serve

COMMENTS & RATINGS



30 NEW

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