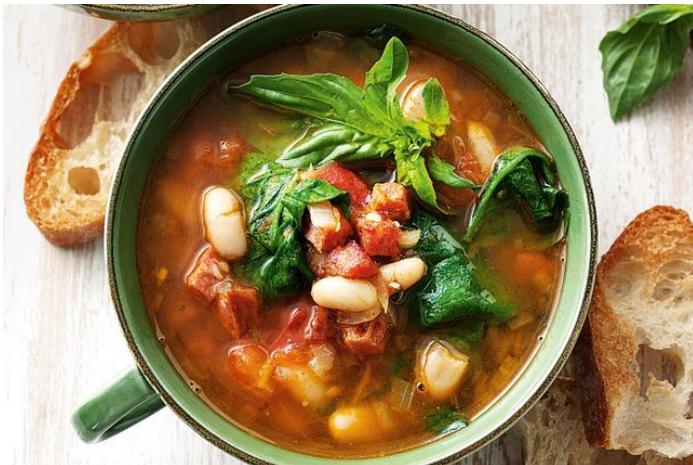




PARTNERED WITH
coles

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

\$3
ea



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

\$3
ea



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



The image is a promotional graphic for Coles Little Shop 2. It features the Coles Little Shop 2 logo on the left, which includes a stylized building with a red roof and a green base, with a sun and a bird on top. To the right of the logo is a large purple banner with the text '30 NEW FREE MINI COLLECTABLES' in white. Below the banner, a smaller text reads 'COLLECT 1 WITH EVERY \$30 YOU SPEND*'. The background is a light blue with a sunburst pattern. On the right side, there are two rows of small product packaging, likely the collectables mentioned in the text. The bottom of the image has a red bar with the text 'coles | coles express'.