



## Chorizo & Bean Stew

Yields: 6 servings

Prep time: 5 min

Cook time: 40 min

### INGREDIENTS:

- 2 9 oz. packages of chorizo (tubed is fine)
- 1 white onion - chopped
- 4 stalks of celery - chopped
- 3 carrots - chopped
- ½ tablespoon of avocado oil
- 3 cans of beans  
(white beans or kidney beans work)
- 3 teaspoons of dried oregano
- 1 teaspoon of paprika
- 1½ tablespoons of minced garlic
- 3 tablespoons of tomato paste
- 1 28 oz can of diced tomatoes
- 2 cups of chicken broth
- Jarred pesto (optional for topping)

### TOOLS:

- [Induction 21 Steel Stock Pot \(6 Qt.\)](#)





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### **PROCESS:**

1. Cut up celery, carrots and onions into ½ inch chunks and set aside. Heat avocado oil on low-medium heat in the 6 qt. stock pot.
2. Once oil is hot, add the chorizo. Cook on medium heat for 5-7 minutes.
3. Add the onions and carrots to the chorizo and continue to cook on medium-high heat for 10 minutes or until softened.
4. Add in celery and stir. Then, add in the diced tomatoes as well as the chicken broth. Bring to a boil.
5. Add the tomato paste, garlic, paprika, oregano, and lastly, the beans.
6. Cover with lid and cook for about 30 minutes. (Feel free to add more chicken broth as your cook to make it soupy, or for a hearty stew, allow to cook for 40 minutes.)
7. Remove from heat, plate, and serve with 1 tablespoon of pesto on top. (The pesto is optional but adds a nice basil flavor.)

**Enjoy!**