



# BEAN & CHORIZO CHILLI

EASY, DIVERSE, FILLING AND GREAT LEFTOVERS

- 100g chorizo, sliced
- 350g tub fresh tomato and chilli sauce
- 400g can kidney beans, rinsed well and drained
- 400g can chickpea, rinsed well and drained
- 1 14 ounce can regular coconut milk

#### For Serving

- Rice (approx 100g per person)
- Jacket Potato
- Pita Breads
- Cheese

- 1** Dry-fry the chorizo for a few mins in a non-stick frying pan until crisp.
- 2** Carefully pour off any fat from the pan, then tip in the sauce and beans with 100ml water.
- 3** Bring to a simmer, cover, then lower the heat and bubble for 10 mins.
- 4** Serve with rice and yoghurt, with a jacket potato and sour cream, or in a toasted pita bread and cheese.

SERVING COST: £2  
PREP TIME: 5 MINS  
COOK TIME: 15 MINS  
SERVING: 2-3

**Host.**

Where students are at home.

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