

Spanish vegetable & chorizo soup



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Preparation: about 30 minutes

Cooking: about 1 hour

Serves: 6

2 tbs olive oil
1 brown onion, finely chopped
2 garlic cloves, finely chopped
1 tsp ground paprika
2 medium carrots, peeled and cut into 1cm dice
2 sticks celery, trimmed and thinly sliced
2 medium (about 300g) zucchinis, diced
1 small red capsicum, halved, deseeded and diced
1 (about 200g) Desiree potato, peeled and diced
400g can diced tomatoes
5 cups chicken stock
½ cup flat-leaf parsley leaves, roughly chopped
1 tbs lemon juice
Salt and ground black pepper
2 (250g) chorizo sausages, diced



Celery

- A source of vitamin C, one of the vitamins that helps protect the body against infection.
- Provides potassium, which is useful to provide a positive balance to the negative effects of sodium from salt.

1. Heat 1 ½ tbs oil in a large saucepan over medium heat. Add onion and garlic and cook, stirring often, over medium heat for 5 minutes until onion is tender. Add paprika and cook for 1 minute. Add carrots, celery, zucchinis, capsicum and potato. Cook, stirring often, for 10 minutes.
2. Add tomatoes and stock. Cover and bring to the boil. Reduce heat and simmer, stirring occasionally, for 35-40 minutes until vegetables are tender. Add parsley and lemon juice. Season with salt and pepper.
3. Heat remaining 2 tsp oil in a small frying pan over medium-high heat. Add chorizo and cook, stirring often, for 3 minutes until crisp. Transfer to a plate lined with paper towel. Stir half the chorizo through the soup. Ladle soup into bowls, top with remaining chorizo and serve.

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