

CREATE A FILLING & HEALTHY RECIPE  
 Swap chorizo for Weight Watchers Bacon. Use a stock cube.



*you choose*

Suitable to cook on the stovetop. See converting recipes, p9.

# Chorizo & chickpea soup



*POP SAYS "BLOODY GOOD"*

**ProPoints** 12 **ProPoints** VALUES PER SERVE | **SERVES:** 4 | **PREP:** 20 MINS | **COOKING TIME:** 1 HOUR 25 MINS (HIGH); 2 HOURS 40 MINS (LOW) | **SLOW COOKER**

- 1 tbs olive oil
- 2 x 100g chorizo, halved, sliced
- ▲ 2 garlic cloves, crushed
- ▲ 2 red onions, finely chopped
- ▲ 1 tbs sweet paprika
- ▲ 4 tomatoes, coarsely chopped
- ▲ 2 red capsicums, sliced
- 2 cups (500ml) chicken stock
- ▲ 2 x 400g cans chickpeas, rinsed, drained
- ▲ 100g cherry tomatoes, quartered
- ▲ ¼ cup finely chopped fresh coriander leaves
- ▲ 1 long fresh green chilli, finely chopped
- ▲ 1 tbs lemon juice

- 1 Heat oil in a large saucepan over medium heat. Add chorizo, garlic and half the onion and cook, stirring, for 5 minutes or until onion has softened. Add paprika and cook, stirring, for 1 minute or until fragrant.
- 2 Place chorizo mixture, coarsely chopped tomatoes, capsicum and stock in a 4.5 litre (18-cup) slow cooker. Cook, covered, on high for 1 hour (or low for 2 hours). Add chickpeas and cook on high for 15 minutes (or low for 30 minutes).
- 3 Meanwhile, combine cherry tomatoes, coriander, chilli, juice and remaining onion in a medium bowl. Serve soup topped with cherry tomato salsa.

**NOTE:** Suitable to freeze (without salsa) for up to 3 months.  
**SERVE WITH:** High-fibre wholegrain bread. Add 2 **ProPoints** values for a 35g slice per serve.

Filling & Healthy foods are marked with a green triangle. These foods help fill you up and keep you healthy.