

# White Bean & Chorizo Stew

*Adult help needed.*

*Makes 4 servings.*

This spicy sausage stew is popular in the Dominican Republic, where people often serve it with white rice.

## Ingredients

- 2 tbsp. olive oil, divided
- 1 lb. spicy chorizo, sliced \*
- 1 red onion, diced
- 4 cloves garlic, crushed
- 1 red bell pepper, diced
- 2 potatoes, diced
- 1 large carrot, diced
- 1 sprig of thyme
- 2 (15-oz.) cans white beans (cannellini)
- 2 c. chicken or vegetable broth
- salt and pepper to taste

## Directions

- 1 Heat 1 tbsp. oil in a pot over medium heat. Add the chorizo and cook until browned and heated throughout, about 8 minutes. Remove chorizo and place on a plate.
- 2 Heat the remaining oil in the pot. Reduce heat to low and add the onion, garlic, bell pepper, potatoes, carrot and thyme. Cook and stir 5-7 minutes or until the onion becomes transparent.
- 3 Add the beans and broth to the pot. Simmer over medium heat until the vegetables are thoroughly cooked, about 10-14 minutes. Add water if you want a thinner stew. Fold the chorizo slices into the stew and serve.

\* If you don't like spicy food, you can substitute a mild or sweet sausage for the spicy sausage.

