

TRY THESE, TOO

1 **Ginger Pumpkin** Sauté 800g chopped pumpkin, 2 crushed garlic cloves, 1 chopped onion and 2 teaspoons ground ginger in 2 tablespoons olive oil for 5 minutes. Add 1.5 litres vegetable stock and simmer, uncovered, for 20 minutes or until tender. Cool for 5 minutes. Blend. (Serves 4)

2 **Chicken Noodle** Simmer 1 chopped carrot, 1 trimmed and chopped celery stalk and 100g broken-up fine egg noodles in 2 litres hot chicken stock until soft. Stir in 2 thinly sliced spring onions and 150g shredded cooked chicken. (Serves 4)

Soup it up

These hearty soups are super-quick and easy — perfect for a busy family

Chorizo & Pepper Soup

SERVES 4 PREP 10 MINUTES + COOLING

COOK 35 MINUTES

+ **Make ahead** Cook and chill a day ahead.

+ **Freeze** You can freeze the soup for up to 3 months. Defrost overnight in the fridge.

100g cooking chorizo sausages, thinly sliced
1 onion, roughly chopped
1kg red peppers, roughly chopped
1 tablespoon smoked paprika
1 litre hot chicken stock
400g can chopped tomatoes
Fresh oregano leaves, for garnish

1 Heat a pan over a medium heat. Dry-fry the chorizo for 5 minutes or until crisp. Remove with a slotted spoon. Set aside.

2 Increase the heat to medium high. Sauté the onion, peppers and paprika in the chorizo oil for 5 minutes, then stir in the stock and tomatoes and bring to the boil. Reduce the heat to medium. Cook, covered, for 20 minutes or until the peppers are tender. Cool for 5 minutes.

3 Blend or process the cooled mixture until smooth. Return to the pan with two-thirds of the chorizo. Cook, stirring, for 2 minutes or until heated. Divide between bowls and served garnished with the remaining chorizo and oregano.

Nutrition per serving 183 kcal, 7.5g fat (2.5g sat), 2g salt

£1.06
PER SERVING

Freeze in portions for lunch or dinner in a dash