

Sizzling Chorizo & chickpea soup

Ingredients

- 400g can chopped tomatoes
- 110g pack of [chorizo](#) sausage (unsliced)
- 140g wedge Savoy cabbages
- sprinkling dried chilli flakes
- 410g can chickpeas , drained and rinsed
- 1 chicken or vegetable stock cube
- crusty bread or [garlic](#) bread, to serve

Method

1. Put a medium pan on the heat and tip in the tomatoes, followed by a can of water. While the tomatoes are heating, quickly chop the chorizo into chunky pieces (removing any skin) and shred the cabbage.
2. Pile the chorizo and cabbage into the pan with the chilli flakes and chickpeas, then crumble in the stock cube. Stir well, cover and leave to bubble over a high heat for 6 mins or until the cabbage is just tender. Ladle into bowls and eat with crusty or garlic bread.

Try making it Indian

For an Indian version of this spicy soup, use some cooked chicken and 1 tsp of curry paste instead of the chorizo.

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3. Put a medium pan on the heat and tip in the tomatoes, followed by a can of water. While the tomatoes are heating, quickly chop the chorizo into chunky pieces (removing any skin) and shred the cabbage.
4. Pile the chorizo and cabbage into the pan with the chilli flakes and chickpeas, then crumble in the stock cube. Stir well, cover and leave to bubble over a high heat for 6 mins or until the cabbage is just tender. Ladle into bowls and eat with crusty or garlic bread.

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5. Put a medium pan on the heat and tip in the tomatoes, followed by a can of water. While the tomatoes are heating, quickly chop the chorizo into chunky pieces (removing any skin) and shred the cabbage.
6. Pile the chorizo and cabbage into the pan with the chilli flakes and chickpeas, then crumble in the stock cube. Stir well, cover and leave to bubble over a high heat for 6 mins or until the cabbage is just tender. Ladle into bowls and eat with crusty or garlic bread.

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