

Chorizo & Garbanzo Stew

PREP TIME:

15 minutes

COOKING TIME:

LOW: 8 hours
or
HIGH: 3 - 4 hours

SERVES:

4 - 6

pair with an aromatic
and full bodied
Verdejowhite wine



INGREDIENTS:

2 tbsp olive oil

1 cup / 1 small onion, diced

1 cup / 2 stalks celery, diced

1/2 cup carrot, diced

2 tsp / 4 cloves garlic, minced

2 tbsp tomato paste

28 oz canned, diced or crushed tomatoes

1/4 cup red wine

1 tbsp brown sugar

1/2 tsp salt

2 x 14oz cans garbanzo beans

6oz chorizo, sliced into 1/4 inch rounds

4 cups / 32 oz chicken broth

Mediterranean blend

PREPARE:

heat the olive oil in a skillet on medium; sauté the onion, celery, carrot and garlic

transfer onion mixture to slow cooker

stir in the tomato paste, diced or crushed tomatoes, red wine, brown sugar, salt, garbanzo beans, chicken broth & chorizo

sprinkle in the Mediterranean blend

stir, cover and cook on LOW: 8 hours or HIGH: 4 hours

spoon into large bowls and serve with crusty bread