

CHORIZO SAUCE

Time: 20 minutes

Serves: 4

Ingredients:

1 tablespoon extra-virgin olive oil
8 ounces chorizo sausage – sliced
1 large onion – sliced
2 cloves garlic – finely chopped
2 large tomatoes – chopped
1 tablespoon chili powder
½ teaspoon kosher salt
¼ teaspoon freshly ground black pepper
3 tablespoons parsley – chopped

Preparation:

Heat a heavy cast pan on medium heat along with the olive oil.

Add the chorizo, stirring occasionally for five minutes.

Add the onion and garlic, stirring occasionally for another three minutes.

Stir in the remainder of the ingredients except parsley and simmer for two minutes.

Stir in the parsley and serve.

Nutritional Information Per Serving:

Calories: 275
Fat: 22g
Carbs: 7g
Fibre: 1g
Protein: 13g