

CHORIZO QUESO

Time: 30 minutes

Serves: 10

Ingredients:

400g fresh Mexican chorizo sausage
1 large sweet onion - diced
1 jalapeño pepper - seeds removed - small dice
1g cumin
30g cold-pressed avocado oil (or other cold-pressed neutral-flavoured oil)
20g all-purpose flour
300g whipping cream
3g salt
250g Monterey Jack cheese - shredded
250g mozzarella cheese - shredded
4 green onions - sliced or cilantro - finely chopped

Preparation:

Place a large frying pan on medium-high heat.

Add the chorizo, onion, jalapeno, and cumin. Cook, breaking apart the sausage until meat is lightly browned. Remove from heat and set aside.

Place a large pot on medium-high heat and add the oil.

When the oil is hot, whisk in the flour, stirring constantly until the mixture turns a toasted tan colour.

Stir in the cream and salt.

When the cream nears a simmer, stir in the cheese a small amount at a time.

Stir the chorizo mixture into the cheese sauce.

Garnish with green onion or cilantro and serve.

Nutritional Information Per Serving:

Calories: 386 Fat: 33g Carbs: 5g Fibre: 0g Protein: 17g	Hand-Size Portion Guide Palms of Protein: 1 Fists of Vegetables: 0 Cupped Hands of Carbs: 0 Thumbs of fat: 3
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