

## Spanish Bean & Chorizo Stew



### Sirve:

6 servings

### Pieza:

3 Qt. Ultimate Culinaire with Cover (Limited Edition)  
Saladmaster Food Processor

Valora: ★★★★★

### Contribuido por:

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Certified Health Coach & Natural Foods Chef  
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### Descripción de la Receta:

Fabada Asturiana is a rich stew from the Asturias region of Northern Spain. Fava beans are typically used in this dish but if you can't find them butter beans or white cannellini beans is a good substitute. All different types of meat are used in this dish, sausage, ham hocks and leftover bits of meat are often included. This is a rich stew perfect to pair with a green salad and crusty bread.

1 onion, medium, strung, use Cone #2  
4 each  
garlic cloves, shredded, use Cone #1  
1/2 lb  
smoked pork chorizo sausage, cut into rounds.  
(1/4  
kg)  
1/4 lb  
smoked ham, diced  
(1/8  
kg)  
1 1/2 cups  
chicken or vegetable stock, low sodium  
(356  
ml)  
1 tbsp  
smoked paprika  
(6  
g)  
pinch saffron  
4 cups  
fava beans, cannellini beans or butter beans, cooked, rinsed  
(708  
g)  
fresh ground pepper to taste

### Preparación :

1. Preheat Ultimate Culinaire over medium heat until a sprinkle of water skitters and dissipates, about 7-9 minutes.
2. Brown chorizo for 2-3 minutes until browned on each side, remove chorizo from pan and drain any accumulated fat and discard.
3. Sauté onions and garlic for 3-4 minutes until softened.
4. Add sausage, ham, stock, smoked paprika, saffron, beans and ground pepper, stir gently to combine. Cover pan and when Vapo-Valve™ begins to click steadily, turn heat to low and cook for 30 minutes.
5. Taste and adjust seasonings as desired.
6. Serve as is or with a large green salad or steamed green vegetables.

#### Consejos:

- Substitute pork chorizo for chicken chorizo.

#### Información nutricional por ración

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**Calorías:** 248  
**Grasa Total:** 11g  
**Grasa** 4g  
**Saturada:**  
**Colesterol:** 31mg  
**Sodio:** 826mg  
**Carbohidratos:** 21g  
**Fibra** 6g  
**Dietética:**  
**Azúcar:** 0g  
**Proteína:** 17g