

SLOW COOKED CHUNKY CHOPS WITH BEANS AND CHORIZO

Serves 4

Takes about 2 hours

4		Lean thick pork chops
10ml	(2tsp)	Olive oil
2		Cloves garlic, crushed
50g	(2oz)	Chorizo sausage, thinly sliced
300ml	(½pt)	Pork stock
400g (approx)	can	Butter beans, drained and rinsed
400g (approx)	can	Baked beans
45ml	(3tbsp)	Tomato purée
		Fresh parsley, roughly chopped



Preheat oven to Gas Mark 4, 180°C, 350°F.

In a large heatproof casserole pot heat oil and brown chops on all sides for 3-4 minutes.

Add garlic and Chorizo sausage and allow the oil to coat chop and garlic. Add stock, butter beans, baked beans and tomato purée.

Mix well, cover and cook in a preheated oven for 1½-1¾ hours or until meat is tender.

Serve with fresh green seasonal vegetables and crusty brown bread for dipping!

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