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**Cooking
Club**

coginio
COOK **24**

Spanish Style Rustic Soup

This flavourful soup has added texture and protein from the beans, and is delicious with a side of crusty bread. Taking only 30 minutes to prepare, it can feed 3-4 people, at an approximate cost of 70p per portion!

Ingredients

- 2** x Carrots
- 1** x Onion
- 2** x Sweet peppers
- 2** x Tomatoes
- 2** x Cloves Garlic
- 1** x Tin Butter Beans
- 50g** x Chorizo
- 1** x Teaspoon oregano
- 750 ml** of water



Directions

- 1** Peel and chop the carrots, onion and garlic
- 2** Deseed the peppers and finely chop them and the Chorizo
- 3** Fry all of the chopped veggies in 1 tbs of oil
- 4** While they are cooking finely chop the tomatoes
- 5** After the ten minutes are up add remaining ingredients and 750ml of water
- 6** Cook for another 10 minutes until the carrots are cooked
- 7** Season with salt and pepper to taste

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Wedi ei ariannu gan
Llywodraeth y DU



Clwb
Coginio
coginio
COOK 24

Cawl Gwledig Arddull Sbaeneg

Mae gan y cawl blasus hwn gwead a phrotein o'r ffa, ac mae'n flasus gyda bara crystiog ar yr ochr. Gan gymryd 30 munud yn unig i baratoi, gall fwydo 3-4 o bobl, am gost o tua 70c y dogn!

Cynhwysion

- 2 x Foronen
- 1 x Winwnsyn
- 2 x Bupur Melys
- 2 x Domato
- 2 x Ewin Garlleg
- 1 x Tun o Ffa Menyn
- 50g x Chorizo
- 1 x Llwy de o Oregano
- 750 ml o ddŵr



Cyfarwyddiadau

- 1 Piliwch a thorrwch y moron, winwns a'r garlleg
- 2 Tynnwch hadau'r pupur a'u torri nhw a'r chorizo'n fân
- 3 Ffriwch yr holl lysiau wedi'u torri mewn 1 llwy fwrdd o olew
- 4 Tra maen nhw'n coginio, torrwrch y tomatos yn fân
- 5 Ar ôl i'r deg munud ddod i ben ychwanegwch y cynhwysion sy'n weddill a 750ml o ddŵr
- 6 Coginiwch am 10 munud arall nes bod y moron wedi coginio
- 7 Sesnwch gyda halen a phupur at eich blas

Tynnwch lun a Rhannwch Ar-lein!



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