

Chorizo Minestrone



2 Serves

10 Mins Preparation
15 Mins Cooking

INGREDIENTS

- 450g tinned tomatoes (crushed)
- dried oregano (2 tsps)
- rice bran oil (2½ tsps)
- 700g brown onion (diced)
- 300g celery (diced)
- 4 clove garlic (finely chopped)
- 150g zucchini (diced)
- 300g chorizo
- 1000ml water
- salt and pepper

METHOD

- Step One Place tomatoes and oregano in a small blender and pulse until smooth. Heat oil in a large pot over medium heat. Add onion and let cook for 3 minutes or until onion softens. Add celery, garlic, zucchini and let cook for a further 5 minutes. Dice chorizo into small pieces.
- Step Two Add tomato, water and diced chorizo and bring to the boil. Reduce heat to low and simmer, stirring occasionally for 6-7 minutes or until vegetables are tender. Taste and season with salt and pepper.
- Step Three Divide into two soup bowls and serve.

All GetCommandoFit recipes are customised to suit your body and lifestyle.

This sample recipe has been designed for an average size person.

It's time for change.
It's time to get healthy.
It's time to GetCommandoFit™

- ✓ 12 weeks of 7 day meal plans
- ✓ Easy to follow healthy recipes
- ✓ Surprise celebrity chef recipes

- ✓ Workout plans to suit all levels
- ✓ Join as an individual or as a squad
- ✓ Commando Steve's motivation videos