

Fabada Asturiana (White Bean and Chorizo Stew)

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5 from 5 votes

This delicious and quick Spanish fabada recipe will soon be a favorite winter stew for your family. Tender white beans and smokey Spanish chorizo make it an unforgettable meal.

Prep Time 15 mins	Cook Time 25 mins	Total Time 40 mins
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Course: Stew Cuisine: Spanish Servings: 4 servings Calories: 461.63kcal
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Ingredients

- 1 15 ounce can large white beans drained and rinsed
- 1 small link sweet semi-cured Spanish chorizo
- 1 small link spicy semi-cured Spanish chorizo
- 1 small link semi-cured Spanish blood sausage (*morcilla*)
- 4 ounces pork belly (pancetta or tocino)
- 1 large carrot peeled and diced
- 1 small potato peeled and diced
- 1 small onion chopped
- 1 bay leaf
- 1 clove garlic smashed
- 2 ½ cups water or ham stock
- salt to taste

Instructions

1. If using the semi-cured meats, poke the sausages with a fork so that the casing doesn't burst once cooking. If you're using raw meats, brown them at this stage.
2. Put the meats and vegetables into a large pot, along with the smashed garlic clove and bay leaf. Cover the ingredients with water (or stock) and bring to a boil, then simmer for 15 minutes, or until the veggies are tender.
3. Take out the meats and put on a plate, then discard the garlic clove and bay leaf.
4. Blend the vegetables and broth to create a thick soup. Season with salt if desired.
5. Cut up the meats into bite-sized chunks and add them back to the broth. Add the rinsed beans and cook over a slow heat for 5 minutes.
6. Enjoy immediately, or serve later for even more flavor!

Notes

- The semi-cured meats that we have in Spain only need light cooking in the stew before eating. However, if you can only find raw, fresh meats, you'll have to sear them before adding to the stew.

- Can't find fabada beans? Substitute with cannellini beans.
- Use ham stock instead of water for extra flavor.

Nutrition

Serving: 1serving | Calories: 461.63kcal | Carbohydrates: 14.02g | Protein: 21.12g | Fat: 34.42g | Saturated Fat: 12.67g | Polyunsaturated Fat: 1.88g | Monounsaturated Fat: 4.98g | Trans Fat: 0.04g | Cholesterol: 80.77mg | Sodium: 212.61mg | Potassium: 374.43mg | Fiber: 2.11g | Sugar: 2.31g | Vitamin A: 2915.14IU | Vitamin C: 13.67mg | Calcium: 25.41mg | Iron: 2.58mg