Tuscan White Bean Skillet

One skillet but tons of flavor. An easy, throw it all in kind of recipe made in just 30-minutes. White beans, onion, artichokes, sun-dried tomatoes, kale, garlic and herbs combined to bring Tuscan to your kitchen. This goes great with some crispy, garlic bread on the side for a complete meal. One serving is HUGE, packed with 15 grams protein and 17 grams fiber, leaving you full and satisfied for a long while.

Ingredients:

1 tbsp Extra virgin olive oil
1 large Onion (can be red or yellow), chopped
½ cup Sun-dried tomatoes, drained, chopped (I buy the ones packed in oil, so I do rinse them)
4 cloves Garlic
2, 14.5 oz cans White Cannellini beans, drained, rinsed
14.5 oz can Diced tomatoes
9 oz pkg Frozen artichoke hearts, thawed, chopped (can use the 14.5 oz cans as well. Be sure to drain and rinse)
2 cups Frozen chopped kale, thawed
1 tsp Dried thyme
1 tbsp Dried oregano

Directions:

2. Add beans, diced tomatoes, artichoke hearts, kale, thyme, and oregano. Stir until all ingredients are mixed in evenly. Cover and turn down the heat to medium.
3. Let cook until beans and artichoke are warm throughout- about 15-20 minutes. Stir occasionally. For the last 8-10 minutes, remove the cover. Allow the excess water to evaporate out, which will help the flavor to POP!
4. Serve warm and enjoy!!

Servings: 4
Serving size: 1/4th whole recipe (516 g)