

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:

1. Heat oil in deep skillet over medium-high heat. Add the chopped onion and cook until softened. Add the sun-dried tomatoes and garlic. Stir well. Cook for about 2 minutes.
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)

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Nutrition Facts		
Serving Size: 1 × 1/4 Whole Recipe		
Amount Per Serving	% Daily Value*	
Calories	320 kcal	16 %
Total Fat	7.5 g	12 %
Saturated Fat	0.9 g	4 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	321.4 mg	13 %
Total Carbohydrate	48.6 g	16 %
Dietary Fiber	16.8 g	67 %
Sugars	9.2 g	
Protein	15.3 g	31 %
Vitamin A	118 %	Vitamin C 82 %
Calcium	25 %	Iron 29 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
Full info at cronometer.com		