

Tuscan Kale and Bean Skillet

Total Time: 45 mins

Serving Size: 4-6

Step 1: Prepare all ingredients according to the ingredient list.

Step 2: Heat pan on medium heat & add 1 tbsp oil & saute your onions until tender (5-10 mins), salt to season.

Step 3: Add garlic and saute until fragrant 2-5 mins.

Step 4: Add fire roasted tomatoes, artichokes sun dried tomatoes and thyme, simmer 5-10 mins. (For a thinner sauce, simmer for less time)

Step 5: Add beans and Kale & allow to wilt, constantly stirring. (5-10 mins).

Step 6: If you want more sauce, add reserved liquid from artichokes or pasta water, simmer to desired thickness.

Step 7: Season with salt and pepper to taste.



* If serving with grain or pasta, boil the water in a pot before step 1; cook pasta between steps 5 and 6.

Ingredients



1 Lb. Cooked
Al Dente Pasta
(Whole Grain)



6-10 Oz.
Chopped
Kale



16 Oz. Fire
Roasted
Tomatoes



16 Oz. Chopped
Artichokes in water
(drained with liquid
reserved)



5-10 Oz.
Chopped Sun
Dried Tomatoes



16 Oz. White
Beans (drained
with liquid
reserved)



1 Medium
Onion,
Chopped



1 tsp
Dried Thyme



2-3 Garlic
Cloves,
Minced