

# 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