

# TUSCAN WHITE BEAN SKILLET STEW (V, GF)

Servings - 2-4

## Ingredients:

2 TBS oil from sun dried tomato jar  
1 16oz pkg sliced baby bella mushrooms  
1 yellow onion, thinly sliced  
3 garlic cloves, thinly sliced  
1 15oz can artichoke hearts, drained  
1/2 C sun dried tomatoes (about half the jar)  
1 15oz can light coconut milk  
1 15oz can fire roasted diced tomatoes  
1 15oz can white beans, drained and rinsed  
1 TBS nutritional yeast (optional)  
3 sprigs of thyme, remove the leaves and set aside, discard the stems  
Pinch of sugar  
Salt and pepper



## Directions

1. Heat a large deep skillet with the oil then add the mushrooms, cooking for 5-6 minutes or until they have softened and started to brown. Add in onion and garlic and cook another 5-6 minutes, until the onion has softened and the garlic is fragrant. Add artichoke hearts and cook again for a few minutes.
2. Stir in tomatoes (sun dried and fire roasted), coconut milk, thyme, nutritional yeast and white beans and bring it all to a simmer. At this time, season with 1/2 tsp salt and an 1/8 tsp pepper (you can add more later) and a pinch of sugar.
3. Let everything simmer covered for 15-20 minutes, then season to taste. The longer it sits the better the flavors get. Serve with crusty bread.