

Slow Cooker Kale & White Bean Stew

SHOPPING LIST:

PRODUCE

- 2 medium carrots
- 1/2 medium onion
- 2 cloves garlic
- 4 cups Tuscan kale

DAIRY

- 2 tablespoons grated Parmesan cheese

GRAINS & BREAD

- 6 slices crusty whole-wheat bread

CANNED & JARRED

- 4 cups low-sodium vegetable broth
- 2 cans no-salt-added white beans, 15 oz each
- 1 can no-salt-added diced tomatoes, 28 oz
- 1 cup unsalted tomato sauce
- 1 tablespoon tomato paste

PANTRY

- 1 teaspoon salt
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried thyme
- 1/2 teaspoon smoked paprika
- 1 tablespoon za'atar (optional)