

Polenta w/ Mushroom Ragout

Makes 6 servings



Polenta

1 1/2 T butter
1/2 c onion, finely chopped
2 c vegetable broth
2 c water
1 c corn meal
1/2 cup shredded parmesan cheese
Pinch of salt
Pepper to taste

Ragout

1 medium onion, finely chopped
1 medium red bell pepper, finely chopped
1 T olive oil
1 lb. sliced button mushrooms
2 garlic cloves, finely chopped
1 t chopped fresh rosemary (or 1/4 t dried)
2 T tomato paste
3/4 c vegetable broth
3/4 c water
Pinch salt
1 T balsamic vinegar
1 T butter

For polenta, melt butter in a heavy bottomed pot and sauté onions until translucent. Add broth and water and bring to a boil. Reduce heat to medium-low, pour in corn meal and whisk first to incorporate, then to ensure polenta does not burn (every twenty seconds or so) for 5 minutes. Add remainder of ingredients and, whisk for an additional 15-20 seconds until cheese is melted, and pour into an 8"X8" pan.

For ragout, place peppers and onions in a pan covered on medium heat. Cook until onions are translucent. Remove from pan. Add oil to pan, heat for 20 seconds, then add mushrooms. Cook covered until mushrooms begin to brown. Add remainder of ingredients except for butter and simmer for 8 minutes covered. Remove cover, turn off heat, and add butter. Adjust seasonings just after butter is melted. Serve over polenta wedge.

Nutrition information per serving: 240 calories, 9.5g fat (4.5g saturated fat), 7g protein, 520mg sodium, 3g dietary fiber. Excellent source of: vitamin A, vitamin C. Good source of calcium and iron.

Recipes adapted from [The Joy of Cooking](#) by Becker et. al.

