

Polenta al Sugo Vegetale

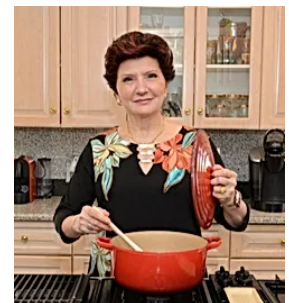


DIRECTIONS

- Place olive oil and chopped garlic in a saucepan over medium heat.
- When garlic is golden, add sliced mushrooms and stir.
- When mushrooms are soft, add drained artichoke hearts.
- Add steamed peas and stir well.
- Finally, add crushed tomatoes.
- Season with salt and pepper to taste.
- Cover pan and simmer sauce for 20 minutes on low heat.
- If sauce gets too thick, add a little water.
- While sauce is cooking, make polenta according to package directions.
- Since we're using quick-cooking polenta, it will only take 5 minutes to cook (once water boils).

INGREDIENTS

- Ingredients for Polenta:
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- 8 Oz Polenta Flour, the Instant/quick cooking type
- Water as needed according to package directions (about 32oz)
- 1 1/2 tsp salt
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- Ingredients for Sugo/Sauce:
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- 4 TBSPs olive oil
- 2 garlic cloves, chopped
- 10 Oz fresh mushrooms, cleaned and sliced
- 12 Oz frozen peas, steamed
- 14 Oz can quartered artichoke hearts, drained
- 28 Oz crushed tomatoes
- Salt and pepper to taste
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- Grated cheese (optional)



DIRECTIONS (CONT.)

- Remove cooked polenta to a large platter.
- While polenta is still hot, spread it around the platter, making a well.
- Fill the well evenly with the vegetable sauce.
- Serve hot with a sprinkle of grated cheese (optional).
- Serves 6

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NONNA'S TIPS

- Polenta is fine cornmeal. The Italian Instant Polenta is pre-cooked cornmeal that only requires 5 minutes to cook. Italian Polenta is available at most supermarkets.
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- If you want a more flavorful polenta, substitute vegetable broth for the water required to cook it.
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- You can use any combination of vegetables and/or beans in the sauce. I recommend using hardy vegetables since veggies with a high amount of water will not make the best sauce. Also, for a meatier taste, use portobello mushrooms.