

POLENTA BOLOGNESE

Serves 4

Bolognese Sauce

Ingredients

- 1 can tomatoes
 - Sauce or chunky, to preference
- 1 onion
- 2 cloves garlic (or jarred, minced)
- 2 Tbsp Olive oil
- 1 lb ground beef
- Honey or molasses – ½ Tbsp or to taste
- Italian seasoning – to taste
- Salt and pepper – to taste

Make BOLOGNESE SAUCE first:

Instructions

1. Dice onion.
2. Heat skillet, add olive oil. When oil is shimmering add onion. Cook until translucent, about 4 minutes.
3. Mince garlic, add to onion.
4. Move onions and garlic to side of skillet. Add beef. Using wooden spoon or spatula, break up beef. Stir to make sure it is cooked through.
5. Add tomatoes, Italian seasoning, honey/molasses, salt and pepper
6. Let flavors meld, and adjust to taste.

Polenta

Ingredients

- 1 tube polenta
- 1 cup veg. stock (see options)
- 1 Tbsp Olive oil or more as needed
- 2 tsps Italian seasoning
- Salt and pepper

While Sauce is cooking, make POLENTA:

Option 1 - CREAMY POLENTA - Instructions

1. Cut polenta into cubes. Add to skillet or pot.
2. Add vegetable stock, Italian seasoning, salt and pepper
3. Whisk polenta until cubes are broken up and it is a smooth mixture.
4. Adjust to taste.

Option 2 – POLENTA CAKES - Instructions

1. Cut polenta into ¾ inch slices. (Make sure you have a few slices per person.)
2. Heat olive oil in skillet.
3. Add polenta slices to skillet. Cook about 2 minutes each side.
4. Sprinkle with salt and pepper.

