

Easy Tomato Mushroom Polenta



Preparation time: 45 min

Difficulty: Easy

Ingredients

- Black pepper: to taste
- Dry White Wine (Pinot Grigio, Chardonnay, etc): 1/3 cup
- Extra Virgin Olive Oil: 1 tbsp
- Fresh thyme leaves: 1 tbsp plus more
- Grass Fed Butter or Olive Oil: 2 tbsp
- Grated Parmesan Cheese (optional): 1/3 cup
- Mushrooms: 12 oz sliced
- Nutritional yeast: 2 tbsp
- Parmesan Cheese to garnish: optional
- Pink Salt: to taste
- Pink Salt: 1 tsp
- Polenta: one cup (stone-ground, whole grain corn meal)
- Pomi Chopped Tomatoes: 1 can
- Water: 4 cups

For this recipe we used:

Chopped Tomatoes One Can



Preparation

Instructions:

1. Bring water and salt to a boil. Then, pour polenta into boiling water, whisking constantly.
2. Reduce heat to low and simmer until the mixture thickens and the cornmeal is tender, stirring often, about 15-20 minutes. Turn off the heat and add butter, nutritional yeast and parmesan cheese. Stir until melted.
3. Meanwhile, heat up olive oil. Add mushrooms, pinch of salt, pepper, thyme and sautee until mushrooms are golden, about 5-6 minutes.
4. Add in Pomi Chopped Tomatoes and white wine. Bring the mixture to a simmer and cook until the wine is mostly reduced, about 5-7 minutes. season with salt and black pepper.
5. Divide between bowls and garnish with fresh thyme and parmesan cheese.