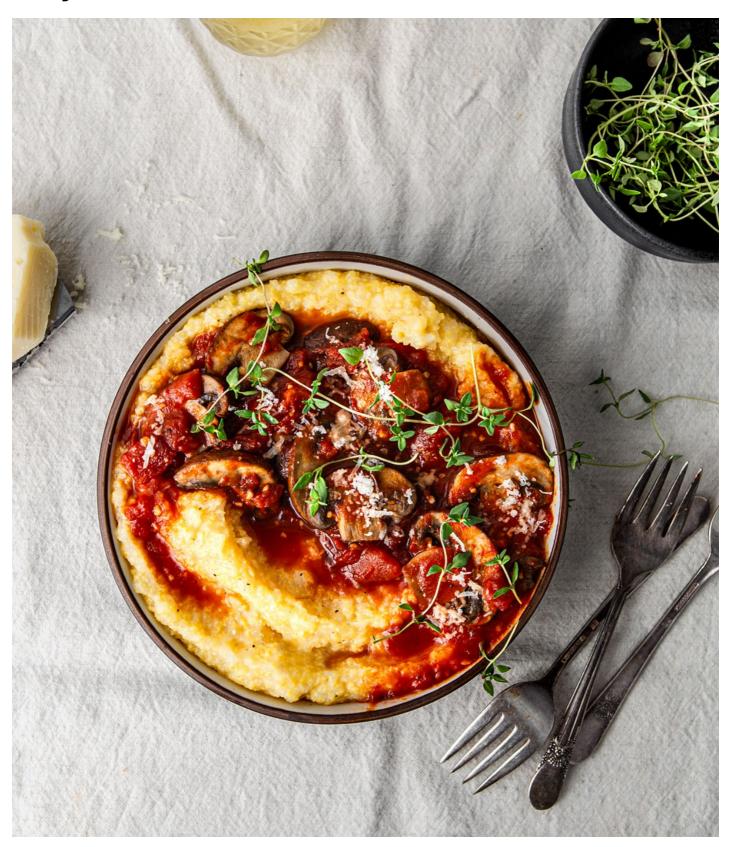


Easy Tomato Mushroom Polenta



Preparation time: 45 min

Difficulty: Easy

Ingredients

For this recipe we used:

Chopped Tomatoes One Can

Black pepper: to tasteDry White Wine (Pinot Grigio, Chardonnay, etc): 1/3

cup

• Extra Virgin Olive Oil: 1 tbsp

Fresh thyme leaves: 1 tbsp plus moreGrass Fed Butter or Olive Oil: 2 tbsp

• Grated Parmesan Cheese (optional): 1/3 cup

Mushrooms: 12 oz slicedNutritional yeast: 2 tbsp

• Parmesan Cheese to garnish: optional

Pink Salt: to tastePink Salt: 1 tsp

• Polenta: one cup (stone-ground, whole grain corn

meal)

• Pomi Chopped Tomatoes: 1 can

• Water: 4 cups



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.