



Makes 4 bowls
Preparation Time: 25 minutes
Cook Time: 1 hours 5 minutes

INGREDIENTS:

5½ cups no-salt-added vegetable broth

1 cup coarse yellow cornmeal

1 oz. dried porcini mushrooms, broken up (1 cup)

½ teaspoon sea salt

1 lb. Brussels sprouts, trimmed and halved

8 cipollini onions or 16 pearl onions, trimmed and peeled

Freshly ground black pepper, to taste

1 15-oz. can no-salt-added white beans, rinsed and drained (1½ cups)

2 tablespoons white wine vinegar

4 Roma tomatoes

2 tablespoons chopped fresh flat-leaf parsley, plus more for garnish

Baked Mushroom Polenta Bowls

This wonderfully creamy “hands-free” polenta requires very little prep and easily comes together in the oven. Earthy mushrooms mix with sweet pearl onions and hearty Brussels sprouts to create a vegetable medley that’s warming and satisfying. A quick grated tomato sauce brings acidic freshness to the dish, making this the perfect weeknight dinner when your energy is low but you’re craving a stick-to-your-stomach meal.

By Shelli McConnell

- 1 Preheat oven to 375°F. In a 4-quart Dutch oven whisk together the first four ingredients (through salt). Bring to a simmer over medium-high, stirring often to prevent clumping. Transfer the Dutch oven, uncovered, to the oven. Bake for 1 hour.
- 2 Meanwhile, line a large rimmed baking sheet with parchment paper. Arrange Brussels sprouts and onions on a baking sheet. Brush with 1 tablespoon water. Season to taste with salt and pepper. Place in the oven next to the polenta. Bake for about 45 minutes or until tender. Remove from oven. Add beans and 1 tablespoon of the vinegar; toss to combine.
- 3 Remove Dutch oven from the oven. Whisk polenta until smooth. Return Dutch oven, uncovered, to oven. Bake for 10 minutes or until polenta is thick and creamy. Remove from oven. Whisk well.
- 4 Meanwhile, grate tomatoes on the coarse side of a box grater into a bowl. Stir in parsley, remaining 1 tablespoon vinegar, and salt and pepper to taste.
- 5 Spoon polenta into shallow bowls. Top with vegetable mixture. Drizzle tomato mixture around the outside edge of polenta. Sprinkle with additional parsley.