

Recipe Name Creamy Polenta with Garlicky Mushrooms**Ingredients:***Polenta*

- 1 cup organic polenta (dry)
- 3 cups broth (chicken or vegetable)
- 1 cup hot water
- 1 tsp. dried rosemary
- 1 tsp. kosher salt
- 1 tsp. garlic powder
- 2 Tbsp. nutritional yeast
- 2 Tbsp. vegan butter or grass-fed butter if tolerated

Garlicky Mushrooms

- 1 – 1 1/2lbs mushrooms (variety of your choice, I like to use a combination)
- Extra Virgin Olive Oil
- Garlic olive oil OR 2 cloves of minced garlic combined with 2 Tbsp. extra virgin olive oil
- Salt/pepper/garlic powder

Directions

1. If you don't have garlic olive oil, begin by taking a small bowl and putting 2 Tbsp of extra virgin olive oil into it. Add to this 2 cloves of minced garlic, stir, and set aside.
2. You can prepare the mushrooms early in the day or even the day before. If you are making them with the polenta, heat a large fry pan over medium high heat. Once hot, add the mushrooms to the pan, no water or oil needed. The mushrooms will provide all the needed water. Cook, stirring occasionally until the mushrooms have given off all their water and the water is beginning to dissipate. Add a sprinkle of kosher salt and continue to cook until the mushrooms are dry and sticking to the pan.
3. Once the liquid is gone, turn the heat down to medium and add a small drizzle of plain olive oil to the pan. Stir the mushrooms to coat them in the oil and to release them from the bottom of the pan.
4. Allow the mushrooms to continue cooking for another 5 minutes or so until they are beginning to brown. Now is the time to really make them taste amazing! Add 1 Tbsp of your garlic olive oil (store bought or the garlic oil we made in step 1) to the mushrooms. Add salt, pepper and garlic powder as needed to suit your tastes. Once combined and tasting amazing, turn off the heat and set aside. Save the last tablespoon

of garlic oil to stir in just before serving. *If making ahead of time, reheat them before adding the last tablespoon of garlic oil.

5. To make polenta: Bring your broth to a boil in a 2-quart sized saucepan/pot. Once at a boil, add your polenta while stirring constantly to prevent clumping. Turn down the heat to medium/medium low and continue to stir. You want your polenta to cook at just barely a simmer. If the heat is too high, it will bubble and pop, possibly burning you. So be careful.
6. Once polenta is gently simmering, add rosemary, salt, garlic powder and 1 Tbsp. of nutritional yeast. Continue to cook, stirring frequently until it begins to thicken. Add ¼ cup of the hot water to the polenta as it begins to thicken. We want the polenta to cook for about 30 minutes to get fully cooked and smooth. During this time, you will want to stir it frequently to prevent sticking, and add more water ¼ cup at a time in order to maintain a smooth consistency. When all is done, it should be thick, but pourable.
7. Once it is cooked, and the right consistency, add the vegan butter and the last 1 Tbsp. of nutritional yeast, stirring until completely combined. Taste and adjust seasoning to suit your palate. If it sits for a few minutes before serving, it may thicken up again, just add a bit more water, tablespoon by tablespoon until it is thick but just pourable.
8. When plating, it is nice to create a mound of polenta. Use a spoon and spread the polenta out creating a large circle of polenta with a bit of a crater in the middle. Here you will put the mushrooms! If you have a bit of extra olive oil, either in the mushrooms or left over from cooking, drizzle a bit over the finished dish. Top with a bit of chopped parsley for color.

Nutrition Facts

Servings: 4

Amount per serving

Calories **275**

% Daily Value*

Total Fat 7.7g **10%**

Saturated Fat 2.1g **11%**

Cholesterol 0mg **0%**

Sodium 1230mg **53%**

Total Carbohydrate 39.7g **14%**

Dietary Fiber 4.1g **15%**

Total Sugars 4g

Protein 14.3g

Vitamin D 612mcg **3062%**

Calcium 18mg **1%**

Iron 6mg **35%**

Potassium 827mg **18%**

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calorie a day](#) is used for general nutrition advice.

Recipe analyzed by **verywell**