



POLENTA WITH SEASONAL VEGGIES

~BY GROWING UPTOWN

SERVINGS

8 servings

TOTAL TIME

50 Minutes

INGREDIENTS

- 1 cup corn polenta
- 1/2 pound (about 1 cup) dried red beans, or one can of beans.
- 1 red onion
- 1 medium-large carrot
- 3 to 5 garlic cloves
- arugula
- parsley
- thyme
- red pepper flakes
- bay leaf
- juice of 2 lemons
- plant-based or regular cheese for topping (optional)
- olive oil
- salt and pepper to taste

DIRECTIONS —DRIED BEANS

- Soak the beans in water the night before you plan to cook. On the day of, transfer the beans to a heavy pot, along with 2 inches of water.
- Bring water to a boil over medium-high heat, and skim away the foam that rises to the surface. Add one half of an onion, unchopped to the beans, along with the crushed garlic cloves and herbs. Cover, reduce heat to low, and simmer.
- Slice the other half of the onion and transfer to a small bowl. Add the lemon juice and a pinch of salt. Water must cover the onion; set aside.
- Add the chopped carrots and red pepper flakes, cover, and continue to simmer until beans are tender all the way through and their texture is velvety. Once cooked, remove the herbs and onion.



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—CANNED BEANS

- Drain, rinse them with water, and set them aside.
- Slice half of the onion and add to a small bowl. Add the lemon juice and a pinch of salt. If the liquid does not cover the onions, add water as necessary and set it aside.
- Heat olive oil over medium heat in a medium skillet, slice the other half of the onion and add to the skillet along with the chopped carrots.
- Stir for 3 minutes, and add the garlic and red pepper flakes. Continue to cook for another couple of minutes until carrots and onion start to soften.
- Add rinsed beans, $\frac{1}{2}$ cup of water, herbs, salt, and stir. Reduce heat to low and cover.

DIRECTIONS —POLENTA

- Bring three $\frac{1}{4}$ cups of water to a boil in a heavy-bottomed pot. Reduce heat to medium-low so that water is just at a simmer, and add salt.
- Add the polenta in a thin stream, stirring constantly. The stream of polenta should be thin that you can see grains falling into the pot.
- Take a fistful of polenta and letting it run through your nearly closed fingers. Continue stirring after all the cornmeal has been added. The polenta is done when it pulls away from the sides of the pot as you stir.
- Transfer polenta to wide soup bowls. Spoon beans with broth over polenta. Top with arugula, quick-pickled onions, plant-based parmesan, and serve.

