



# POLENTA WITH SPINACH GARBANZO BLUSH SAUCE

WESTERN EUROPEAN

## ROADMAP

1. In a medium/large saucepan, in olive oil, sauté diced onion over medium heat with salt, pepper, granulated onion, oregano, and chili flake for 5 minutes. Until the onions begin to soften.

**NOTE:** A splash of chicken stock helps the onions soften a bit quicker.

2. Stir in white wine if using. Then add in spinach, tomatoes, and honey & cook down for 15 minutes.

3. Using a potato masher, mash tomatoes just a bit. It's supposed to be a chunky sauce.



SERVINGS  
4 - 6



ACTIVE TIME  
20 MIN



TOTAL COOK TIME  
40 MIN

## INGREDIENTS

### Polenta:

2 C. Polenta - quick cooking  
2 Qt. Chicken Stock  
1 tsp. Salt  
1/2 tsp. Black Pepper  
1/2 C. Whole milk or half & half  
4 Tbsp. Butter  
1/2 C. Pecorino or Parmesan cheese

## REMAINING INGREDIENTS

### Spinach Garbanzo Blush Sauce:

1 yellow onion - small dice  
2 Tbsp. Olive oil  
8 oz. Frozen Chopped Spinach - thawed & water squeezed out.  
28 oz. Canned Diced Tomatoes - preferably San Marzano  
2 cans Garbanzo beans - drained  
2 garlic cloves - grated or minced  
1 tsp. Granulated onion  
1 tsp. Oregano  
1/2 tsp. Chili flake  
1/4 C. White wine - optional  
1/4 C. Half & Half or Heavy Cream  
1 Tbsp. Honey  
1 tsp. Salt  
1/2 tsp. Pepper

4. Over low heat, stir in Garbanzos & half & half or heavy cream & let it all come together for another 10 minutes while you make the Polenta.

5. In a medium saucepan/pot, over high heat, bring stock to a heavy simmer. Once it's simmering, add salt, and pepper & whisk in Polenta until combined. Turn the heat down to low so it doesn't spit at you.

6. Whisk in whole milk or half & half, butter & cheese. Taste for seasoning.

NOTE: polenta should be on the thin side when it's done. It tightens up quickly once it's off the heat. We're looking for creamy, luxurious polenta, not polenta cakes.

***Time to plate this beauty. Spoon a good amount of Polenta on a plate & top with your Spinach, Garbanzo Blush Sauce.***

***This dish is surprisingly flavorful on your palate. Even meat lovers are going to come back for more!***

***NOTE: To make this Vegetarian, use Vegetable Stock instead of Chicken.***