

Carrot osso buco & creamy polenta

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

YIELD: 8 Servings

| Ingredients | Qty | Measure |
|---|-----|---------|
| Red pearl onions | 8 | oz |
| Vegetable oil | 1 | Tbsp |
| Carrots (cut into 1 inch chunks) | 4 | cups |
| Curry powder | 1 | tsp |
| Dry red wine | 1 | cup |
| Dry porcini mushrooms (processed into powder) | 1 | Tbsp |
| Fresh cremini mushrooms | 8 | oz |
| Prepared mushroom broth | 1 ½ | cups |
| Flat leaf parsley leaves | ½ | cup |
| Fresh lemon juice | 2 | tsp |
| Salt | 1 | tsp |
| Pepper | 1 | tsp |
| Polenta: | | |
| Unsweetened soy milk | 3 | cups |
| Earth Balance | 1 | Tbsp |
| Salt | 1 ½ | tsp |
| White pepper | 1 | tsp |
| Yellow cornmeal | ¾ | cup |

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

Preparation

- Boil pearl onion for 1 minute
- Drain, trim and peel onions
- Heat oil in skillet
- Add carrots in a single layer, season with salt and pepper. Heat until brown (about 5 minutes), turn and brown other side.
- Add pearl onions, sprinkle with curry powder, cook and stir until fragrant (about 1 minute)
- Add wine and simmer on moderate high heat for 3 minutes
- Add porcini powder
- Add mushroom broth, bring to a boil
- Place into oven and braise carrots for about one hour or until tender.
- While carrots are braising, sauté creminis then toss with carrots

Creamy Polenta:

- Heat soy milk and Earth Balance over medium heat
- Add salt and pepper then bring to a boil
- Add corn meal a little at a time, whisking constantly
- Cook until creamy and thick (about 4 minutes)

Serving Information

Put 4 oz. of polenta on a plate. Top with 4 oz. carrots. Garnish with ½ tsp parsley leaves and 1/8 tsp. lemon juice. Serving size: 8 oz (4 oz. carrots, 4 oz. polenta).

Nutrition Information *From USDA Nutrient Database

Calories: 177 Total Fat: 5g Saturated Fat: 0.5g Carbohydrate: 23g Protein: 5g Sodium: 843mg
Vitamin A: 600µg RAE Vitamin C: 11mg Calcium: 151mg Iron: 2mg