

Carrot Osso Buco & Creamy Polenta

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

YIELD: 8 Servings

Ingredients	Quantity	Measure
Red Pearl Onions	8	oz.
Vegetable Oil	1	tbsp.
Carrots, cut into 1" 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
Parsley Leaves, Flat Leaf	½	cup
Lemon Juice, Fresh	2	tsp.
Salt	1	Tsp.
Pepper	1	tsp.
Polenta:		
Unsweetened Soy Milk	3	cups
Earth Balance, Non-Dairy Margarine	1	tbsp.
Salt	1 ½	tsp.
White Pepper	1	tsp.
Yellow Cornmeal	¾	cup

Preparation

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

Creamy Polenta:

1. Heat soy milk and Earth Balance over medium heat.
2. Add salt and pepper then bring to a boil.
3. Add corn meal a little at a time, whisking constantly.
4. 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