



Use Orange Corn Grits for a Vitamin Rich Polenta

Mushroom Ragu with Golden Peppered Polenta

Ultra-simple to make and tastes gourmet great

Mushroom Ragu:

- 2 Tablespoons liquid coconut or olive oil
- 1 large onion, peeled, sliced
- 1-pound fresh mixed mushrooms, trimmed, quartered
- Salt: ground black pepper to taste
- 3 (1 ounce) packets Paleovalley garlic summer sausage beef sticks, sliced into thin rounds
- 1 (14.5 oz.) can unsalted petite diced peeled tomatoes
- 1/2 cup bone broth or vegetable broth
- 2 Tablespoons Marsala wine or dry sherry, optional
- 1 Tablespoon balsamic vinegar
- 1 Tablespoon tomato paste

1 teaspoon (each) dried thyme; dried basil
1/2 teaspoon (each) salt; ground black pepper
1/2 cup halved seedless red grapes
1/2 cup minced parsley

Garnish: Grapes; parsley sprigs as desired

Brown Onions and Mushrooms: Heat oil in 14-inch skillet; add onion; cover; cook over medium heat for 5 minutes; toss; add mushrooms; season lightly with salt and black pepper; toss; cover; cook over medium heat for 5 minutes.

Add Flavor to the Sauce: Add summer sausage slices; cover; cook for about 5 minutes. Add tomatoes with juice, bone broth, wine, vinegar, tomato paste, thyme, basil, salt, and ground pepper; bring to a boil; reduce heat; simmer for about 15 minutes to blend flavors. Stir in sliced grapes and minced parsley.

Peppered Polenta Grits

2 cups bone broth
1 cup light coconut milk
3/4 cup Professor Torbert's Orange Corn Grits
1/4 teaspoon salt or as desired
1/2 cup fine shredded Monterey Jack Pepper Cheese

Prepare Polenta Grits: In a saucepan, bring bone broth and coconut milk to a boil; slowly stir in uncooked grits; add salt; cover; cook over low heat for 10 to 15 minutes or polenta grits thicken. Stir in shredded cheese until smooth consistency.

To Serve: Place hot polenta grits into serving bowl. Spoon mushroom ragu over polenta grits; garnish plate with additional grapes and parsley sprigs.

Cook's Note: Professor Torbert's Grits are bred to have a significantly increased levels of antioxidant pigments called carotenoids and provide numerous health benefits.

About the Recipe: Mushrooms are the star ingredient in this recipe, which can be prepared in a vegetarian style as well as adding a carnivore touch with flavorful garlic beef sausage slices. The sauce is delicious, packed

with spicy Italian flavors, tomato sauce, and a touch of sweetness from the fresh grapes. Serve it over polenta grits for an additional healthy punch.