

YIELD: 4 SERVINGS

## EASY MUSHROOM RAGU WITH PARMESAN POLENTA

Easy polenta for dinner recipe for a rich and savory portobello mushroom ragu spooned over creamy cheese polenta – a flavor bomb vegetarian main dish!



**PREP TIME 10 minutes COOK TIME 15 minutes TOTAL TIME 25 minutes**

### INGREDIENTS

#### Portobello Mushroom Ragu

- 3 tablespoons extra-virgin olive oil
- 2 shallots, halved lengthwise and thinly sliced
- Kosher salt
- 1 pound portobello mushrooms caps, sliced into 1-inch chunks
- 1 garlic clove, thinly sliced
- 2 teaspoons finely chopped fresh rosemary or thyme
- 1/2 teaspoon red chili flakes
- 3 tablespoons tomato paste
- 1 teaspoon balsamic vinegar
- 1/3 - 1/2 cup vegetable stock or water
- 2 tablespoons unsalted butter
- 1/2 cup freshly grated Parmesan cheese
- [Parmesan Polenta \(Recipe Follows\)](#)

### INSTRUCTIONS

1. Put the olive oil, shallots and a pinch of salt in a large (12-inch) skillet and place over medium heat. Cook, stirring frequently, until the shallots are softened, but not browned.
2. Add the mushrooms to the pan, Cook for about 5 minutes, or until they take on some color, then stir and add 1/2 teaspoon salt (this helps them release their water). Continue cooking until the mushrooms become tender and the liquid evaporates.
3. Stir in the garlic, rosemary or thyme, chili, tomato paste, vinegar and butter. Add 1/3 cup of the stock or water and stir until the mixture becomes saucy, adding more liquid if needed.

4. Serve the ragu over Parmesan Polenta with grated Parmesan.

Nutrition Information: YIELD: 4 SERVING SIZE: 1

AMOUNT PER SERVING: CALORIES: 310 TOTAL FAT: 23g SATURATED FAT: 9g  
TRANS FAT: 0g UNSATURATED FAT: 13g CHOLESTEROL: 34mg SODIUM: 631mg  
CARBOHYDRATES: 19g FIBER: 4g SUGAR: 6g PROTEIN: 10g

*Nutrition information is automatically calculated by Nutritionix. I am not a nutritionist and cannot guarantee accuracy. If your health depends on nutrition information, please calculate with your favorite calculator.*

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**CUISINE:** vegetarian / **CATEGORY:** Vegetables