



Italian Style Meat Sauce with Polenta (adapted from myrecipes.com)

- 2 tablespoons olive oil
- 1 large onion, finely chopped
- 2 cloves garlic, minced
- 1 pound lean ground beef (I used ground chuck)
- 1 teaspoon red pepper flakes
- 1 teaspoon dried Italian seasoning
- Salt and coarse ground black pepper
- 3 cups prepared marinara sauce
- 1/4 cup fresh basil, chopped
- 1/4 cup fresh oregano, chopped

Heat oil in a large sauté pan over medium heat. Add onion and cook until softened. Add garlic and cook an additional minute. Crumble beef into pan and cook, stirring often until beef is no longer pink. Add red pepper flakes, Italian seasoning and salt and pepper. Cook stirring often for 3 or 4 minutes until you can smell the seasonings, then add the marinara. Simmer for 15 minutes, stirring often. Add basil and oregano just before serving.

Cheese Polenta:

- 1 cup coarse ground polenta
 - 1 teaspoon dried Italian seasoning
 - 1/2 teaspoon salt
 - 2 cups low sodium chicken stock
 - 1 cup whole milk
 - 1/2 cup freshly grated parmesan cheese plus additional for garnish (I used Italian 4 cheese blend)
- Place chicken stock, milk, Italian seasoning and salt in a medium saucepan and heat to boiling. Slowly whisk in polenta and return to a boil, whisking constantly. Reduce heat to low, cover pot and cook stirring often for 20 to 25 minutes or until polenta is done. Stir in cheese, taste for seasoning and add salt and pepper as desired. Serve with meat sauce on top. Garnish with cheese. Serves 4.