

BLACK BEAN POLENTA

ADAPTED AND SLIGHTLY MODIFIED FROM JUICEBAR COLLECTIVE VIA FARMGIRL GOURMET

/ serves 8 /



Ingredients

6 CUPS WATER

1 1/4 CUPS POLENTA

1 MEDIUM ONION

1/2 MEDIUM RED PEPPER

3 CLOVES GARLIC

1 TSP GROUND CUMIN

1 TSP CHILI POWDER

3/4 TSP SALT

2 CANS ORGANIC BLACK BEANS

1 1/2 CUPS ORGANIC CHEDDAR CHEESE

STEP ONE Bring the water to a boil and slowly add the polenta while whisking constantly. Continue to whisk until the polenta is thick and begins to bubble in the center. Remove from the heat and pour into a 13x9 glass baking dish that's been sprayed with cooking spray. Set aside.

STEP TWO In a large saute pan coated add some olive oil to coat the pan, add the onions and peppers and saute until they begin to get soft. Add the garlic, cumin, chili powder and salt and stir to combine about 1 minute. Add the black beans and stir to incorporate.

STEP THREE Preheat the oven to 350°. Spoon the black bean mixture on top of the polenta and top with the cheese. Heat in the oven for 10-15 minutes until just warm. Serve with fresh salsa, avocado and Greek yogurt if desired.