

Ground Beef with Polenta

This is a very simple and hearty meal by just topping ground beef sauce over creamy polenta. So easy and yet so satisfying.



I hope you all had a great weekend, either celebrating Easter, Passover or just an enjoyable weekend...

I love to make this dish...it is simple and so delicious. Not to mention so comforting...

This time I added a little jalapeno in the polenta, which added an extra flavor to it. It is so good when you scoop the polenta together with the ground beef and its sauce...yum!

Anyway, enough of bragging about how delicious this dish it is...lets be practical...

Ingredients:

Ground Beef

2 garlic cloves chopped finely
1 small onion cut into small pieces
Approximately 12oz lean ground beef
1 can stew tomatoes
 $\frac{1}{4}$ teaspoon ground all spice
1 teaspoon dry oregano
1 tablespoon olive oil
Salt and pepper to taste

Soft Polenta

$\frac{1}{3}$ cup cornmeal
2 cups water
1 tablespoon butter
1 teaspoon finely chopped jalapeno
Salt and pepper to taste

Fresh basil leaves





Method:

In a medium sauce pan, sauté garlic and onion in the olive oil until slightly golden brown. Add the ground beef until browned using medium high heat.

Add the ground all spice, dry oregano and the can of stewed tomatoes. Once the mixture starts to boil, lower the heat to low and cover the pan. Let it cook for 10 to 15 minutes, until the ground beef is soft.

In the meantime cook the polenta by adding the polenta in the boiling water with butter. Stir constantly in low heat until fully cooked. As the cornmeal cooks the texture will change from watery to cream consistency. Add the jalapeno, mix gently and remove the polenta from the heat.

To assemble the plate, scoop the polenta in the center of a deep dish and using the back of the spoon make an indent. Add the ground beef on the little crater. Garnish with fresh basil

or freshly grated Parmesan cheese and serve hot.





If you enjoy this simple and delicious dish with soft polenta, you might want to check on Chicken with Soft Polenta or Shrimp with Cheesy Polenta.

Curiosity Corner

Did you know that polenta or its variety is widely used throughout Europe, Africa, North and South America?

Thank you for stopping by Color Your Recipes...have a colorful day!