

Sausage mushroom sauce polenta

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If you're looking for the ultimate comfort food that's both hearty and delicious, sausage mushroom sauce polenta is what to make. This dish is the epitome of rustic Italian cooking, blending savory spicy sausage, earthy mushrooms, and velvety polenta into a meal that warms your heart and soul. Whether served as a casual family meal or Saturday night dinner with friends, it's a guaranteed hit.

Tips for making sausage mushroom sauce polenta

1. Choose the right sausage and mushrooms: When I make this dish I like using spicy Italian sausage for its bold flavors, and pairs well with cremini mushrooms. The sausage adds a savory depth, while the earthy mushrooms balance the richness. Of course you can use any mushroom that you prefer or mild Italian sausage. A splash of red wine makes the sauce even more flavorful- trust me, it's worth it.
2. Slow cooked polenta is key: polenta reminds me of my Italian childhood- it's comfort food through and through. Stirring the polenta slowly and consistently ensures it turns out creamy and lump-free. Adding parmesan makes it indulgent. The way my family used to enjoy
3. Layer flavors: One trick I learned is to season each

layer. Saute the sausage and mushrooms with onion and garlic , then let the sauce simmer gently. This brings out deep, complex flavors that makes this dish delicious and unforgettable. Enjoy every moment while making this- it's one of those meals where the love you put into it really shines through!!!

Ingredients

- 2 Tbsp. olive oil
- 1/2 lb. sliced cremini mushrooms
- 1 cup chopped onions
- 1 Tbsp. minced garlic
- 1 lb. spicy Italian sausage crumbles
- 1/2 cup red wine
- 2 cups marinara sauce
- salt and pepper to taste
- INGREDIENTS FOR THE POLENTA
- 2 cups chicken or vegetable stock
- 1 cup milk
- 1/2 cup grated parmesan cheese
- 2 Tbsp. chopped Italian parsley
- 2 cups polenta
- salt and pepper to taste

Instructions

1. Start by making the sauce in a saute pan over medium high heat, in the olive oil cook the mushrooms until beginning to brown. Then add the onions and garlic and continue cooking until soft and translucent.
2. Then add in the sausage cook until brown. Deglaze the pan with the red wine, waiting until it evaporates before adding in the marinara sauce and simmer for 15-20 minutes. In the meantime make the polenta.

3. In a sauce pan add the stock and milk. Bring to boil , then lower the heat to a simmer. Slowly add in the cornmeal, stirring continuously. When the polenta begins to thicken about 10 minutes , add in the grated parmesan, parsley, salt and pepper. Adjust the consistency, if to dry add more stock. It should be the consistency of mash potatoes. Add in the Italian parsley. Continue cooking for 5 minutes longer.
4. Spread the polenta on a platter top with the sausage mushroom sauce top with additional parmesan top with chopped Italian parsley. ENJOY!!!