

Brazilian Polenta

Ingredients:

2 cups Yellow Corn Meal
2 cups Water
2 Tbsp Vegan Margarine
Parsley, to taste
Salt, to taste
1 to 2 Tbsp Turmeric
1 ½ cups Raw Cashews
Onions, to taste
Garlic, to taste
1 Small Bag Spinach
1/3 cup Sun Dried Tomatoes
1 to 2 cups Marinara Sauce

Process:

- Step 1. In a bowl mix corn meal, 2 cups water, margarine, parsley, salt, and turmeric. Set aside.
- Step 2. Prepare cashew milk – blend raw cashew milk with 2 cups of water. Set aside.
- Step 3. Cook 1 small bag of spinach or as much as you would like. Cook it with sun dried tomatoes, add salt. Set aside.
- Step 4. Shred some onions and garlic, fry them for 1 or 2 minutes in a deep pan with avocado oil (you can also use margarine).
- Step 5. Add the cornmeal mixture. Stir constantly. Add more water if it is sticking on the bottom. Cook on low heat.
- Step 6. While the corn meal is still cooking add the cashew milk. Mix well, cook until the cornmeal is soft.
- Step 7. Spread margarine on the bottom of a casserole, add the polenta, marinara sauce, and spinach.
- Step 8. Cook in oven for 15 to 20 minutes at 350° F.

If you like you can add some vegan cheese on top or you can make layers of polenta, spinach, and marinara sauce. Or you can substitute the spinach for other vegetables or veggie meat. Be creative!

By Edna Felix