

# Rustic Winter Stew Over Polenta

Yield: 8 min  
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-stew-recipe-with-polenta>

## Ingredients:

- olive oil from 1 teaspoon to 2 tablespoons, depending how much you feel like using
- 1 small onion diced medium
- 2 cloves garlic minced
- 1 teaspoon dried thyme
- 1/2 teaspoon celery seed
- 1 dash fresh black pepper
- 1 teaspoon salt
- 1/2 cup green lentils
- 1 1/2 cups baby carrots
- 2 pounds plum tomatoes chopped
- 4 cups vegetable broth
- 1 pound Yukon Gold potatoes small, sliced in half, if using large ones, cut into about 1 inch pieces
- 2 bay leaves
- 3 leeks white & light green parts only, in 1 inch chunks, and washed well
- fresh rosemary or thyme, to serve, realistically, only if you're taking food photos
- 4 cups vegetable broth
- 1/2 teaspoon salt
- 2 tablespoons olive oil
- 1 cup polenta

## Nutrition:

1. Calories: 200 calories
2. Carbohydrate: 30 grams
3. Fat: 7 grams
4. Fiber: 8 grams
5. Protein: 7 grams

6. SaturatedFat: 1 grams
  7. Sodium: 1470 milligrams
  8. Sugar: 9 grams
- 

Thank you for visiting our website. Hope you enjoy Rustic Winter Stew Over Polenta above. You can see more 15 italian stew recipe with polenta Experience culinary bliss now! to get more great cooking ideas.