

# Polenta Crostini with Sausage Topping

Yield: 32 min  
Total Time: 90 min

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

## Ingredients:

- 2 cups chicken stock
- 1 cup milk
- 3/4 teaspoon salt
- 1 cup polenta slow-cooking
- 2 tablespoons unsalted butter
- 1/3 cup parmigiano reggiano cheese grated
- 2 pork fresh, chicken or turkey sausages
- 1/2 pound casings total, removed
- 2 tablespoons olive oil
- 1/2 yellow onion small, finely chopped
- 2 large garlic cloves finely chopped
- 14 ounces tomatoes with juice diced plum
- 1 bay leaf small
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground pepper plus more
- 1 tablespoon fresh basil finely chopped
- 3 tablespoons unsalted butter melted

## Nutrition:

1. Calories: 45 calories
2. Carbohydrate: 2 grams
3. Cholesterol: 5 milligrams
4. Fat: 3.5 grams
5. Protein: 1 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 170 milligrams
8. Sugar: 1 grams

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