



## **Chili Casserole With Polenta**

Savour this recipe, courtesy of the Fresh Vegetable Growers of Ontario.

500 g (1 lb) lean beef  
25 mL (2 tbsp) all-purpose flour  
Salt and pepper  
20 mL (4 tsp) canola oil, divided  
500 mL (2 cups) coarsely chopped Ontario onion  
2 cloves garlic, minced  
1 small sweet red pepper, seeded and chopped  
250 mL (1 cup) finely diced Ontario carrots  
250 mL (1 cup) coarsely chopped Ontario cabbage  
30 mL (2 tbsp) chili powder  
5 mL (1 tsp) dried oregano  
1 mL (1/4 tsp) each cinnamon and red pepper flakes  
1 796-mL (28-oz) can Canada Choice Whole Tomatoes  
1 398-mL (14-oz) can Canada Fancy Red Kidney Beans, drained  
Polenta (recipe follows)

Trim any fat from beef and cut it into 2.5-cm (1-inch) pieces. In a shallow dish, season flour with salt and pepper. Add beef, toss to coat well and set aside. In a large non-stick skillet, heat 15 mL (1 tsp) of the oil over medium heat. Cook onions, garlic and red pepper, stirring, until onions are translucent. Add carrots and cabbage and cook, stirring, for 2 minutes. Transfer to a 2.5-L (10-cup) casserole dish. Stir in chili powder, oregano, cinnamon and red pepper flakes. Set aside. Heat remaining oil in a skillet over medium-high heat and cook meat, in batches, turning to brown on all sides. Add to casserole. Break up tomatoes; stir into casserole. Cover and bake in 160 C (325 F) oven for 1 1/2 hours or until meat is tender, stirring twice during cooking. Season if required. Stir in beans. (Recipe can be prepared to this point, cooled, covered and refrigerated for up to 2 days or frozen.) Thaw overnight in refrigerator before continuing and increase final cooking time by 10 minutes.) Cut polenta into wedges and arrange on top of chili. Bake for 20 to 25 minutes or until polenta is lightly golden on top. Serves 6.

### **Polenta**

750 mL (3 cups) water  
175 mL (3/4 cup) cornmeal  
15 mL (1 tbsp) butter  
2 mL (1/2 tsp) salt

In a small saucepan, combine water, cornmeal, butter and salt; let stand for 10 minutes. Bring to boil, stirring constantly. Reduce heat to medium-low and cook, stirring frequently, for 12 to 15 minutes or until spoon drawn through mixture leaves a line.



Pour into a non-stick 20-cm (8-inch) round cake pan. Let cool and refrigerate for at least 30 minutes, or when completely cold, cover and refrigerate for up to 2 days.