

# Bean Hot Pot with Cheesy Polenta

Food Foundations

## Ingredients

- 2 tbsp olive oil
- 2 brown onions (finely diced)
- 3 teaspoons minced garlic
- 1.5kg tinned borlotti beans (drained & rinsed)
- 3 x 400g tins diced tomatoes
- 5L low salt chicken stock/vegetable stock
- 2 teaspoons fresh chopped parsley
- 4 cups of polenta
- 200g shredded cheese

**Serves:** 20

**Prep Time:** 15 mins

**Cook Time:** 70 mins



## Method

1. Heat olive oil in large pan over medium heat. Sauté onion and garlic for 5-10 minutes or until soft.
2. Add beans, tomatoes and 1 litre of the chicken stock. Bring to boil, reduce heat and simmer over low to medium heat covered for 1 hour. Add more liquid if required. Add parsley before serving.
3. Meanwhile, place remaining 4 litres of chicken stock in saucepan and bring to a simmer. Reduce heat to medium and slowly stir in polenta. Cook, stirring for 10 minutes or until tender. Stir through cheese.
4. Serve the bean hot pot on top of the polenta.

### Recipe Notes:

Substitute for borlotti beans – pinto beans, kidney beans, cannellini beans and navy beans. A mixture of different beans can also be used. For extra vegetables, stir in shredded spinach before serving. Polenta can be substituted with rice, risoni pasta, or couscous.

Food Group	Serves per portion
Vegetables	2
Fruit	0
Grain foods	1
Lean meat and alternatives	0.5
Milk, yoghurt and cheese	0.2