



Provençal Sausage Ragout

over Polenta



20-30min



2 Servings

Nothing gives the cozy feels quite like this hearty sausage ragout, served over rich, creamy polenta. The sausage is simmered with aromatic garlic, onions, peppers, and tomatoes; briny Kalamata olives, fresh parsley, and a drop of vinegar are stirred in at the end, for a bright finish that rings true to the classic Provençal flavors.

What we send

- 1 yellow onion
- 1 bell pepper
- ½ lb pkg uncased sweet Italian pork sausage
- 14½ oz whole peeled tomatoes
- 3 oz quick-cooking polenta
- ¼ oz fresh parsley
- 1 oz Kalamata olives
- garlic

What you need

- olive oil
- kosher salt & ground pepper
- red wine vinegar (or white wine vinegar)

Tools

- medium pot
- medium saucepan

Allergens

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 740kcal, Fat 41g, Carbs 56g, Protein 39g



1. Prep ingredients

Cut **onion** into ½-inch pieces. Halve **pepper**, remove stems and seeds, then cut into ½-inch pieces.

Finely chop **2 teaspoons garlic**. Break **sausage** into large pieces.



2. Sauté peppers & onions

Heat **1 tablespoon oil** in a medium pot over medium-high. Add **onions** and **peppers**; season with **salt** and **pepper**. Cook, stirring, until vegetables are tender and browned in spots, 5-6 minutes. Transfer to a bowl, then return pot to stovetop.



3. Add sausage & garlic

Add **sausage**, **chopped garlic**, and **2 teaspoons oil** to same pot, and cook, until sausage is browned and garlic is fragrant, about 5 minutes. (Reduce heat to medium if browning too quickly.)



4. Simmer ragout

Return **onions** and **peppers** to pot with **sausage**. Add **tomatoes** and **2 tablespoons water**, crushing tomatoes with the back of a spoon. Cook, stirring occasionally, until ragout is slightly thickened, peppers are very tender, and sausage is cooked through, about 8 minutes. Cover to keep warm.



5. Cook polenta

Meanwhile, bring **2¾ cups water** and **1 teaspoon salt** to a boil in a medium saucepan. Whisk **polenta** into boiling water, then reduce heat to low.

Cook, whisking often, until thickened and grains are tender, 5-7 minutes. Remove from heat. Whisk in **2 tablespoons oil**, then season to taste with **salt**.



6. Finish & serve

Thinly slice **parsley leaves and tender stems**. Coarsely chop **olives**, removing any pits if necessary. Stir olives, half of the parsley, and **½ teaspoon vinegar** into **ragout**; season to taste with **salt** and **pepper**. (Stir in 1-2 tablespoons water to loosen if needed.)

Serve **ragout** over **polenta**. Garnish with **remaining parsley**. Enjoy!