

DINNER

Mediterranean Vegetable Stew over Soft Polenta

7 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	6	\$1.42	338 kcal

Mediterranean Vegetable Stew over Soft Polenta takes around 45 minutes from beginning to end. One serving contains 338 calories, 19g of protein, and 11g of fat. For \$1.42 per serving, this recipe covers 19% of your daily requirements of vitamins and minerals. This recipe serves 6.

Ingredients

- ☐ ¼ teaspoon black pepper
- ☐ 15 ounce chickpeas (garbanzo beans), drained and rinsed
canned
- ☐ 14½ ounce Italian-style stewed tomatoes, undrained
canned
- ☐ 6 ounces 1/2 cups preshredded fresh Parmesan
- ☐ 3 cups water
- ☐ 1½ teaspoons bottled minced garlic
- ☐ 29 ounce diced tomatoes
canned
- ☐ 2 teaspoons olive oil
- ☐ 1 cup dry polenta
- ☐ 2 cups (1/4-inch) slices zucchini

EQUIPMENT Sauce pan, Whisk, Dutch oven

Method

- 1

Heat oil in a large Dutch oven over medium-high heat.

- 2 Add zucchini and garlic, and saut 30 seconds. Stir in black pepper, tomatoes, and chickpeas; reduce heat, and simmer 10 minutes, stirring occasionally.
- 3 While stew cooks, bring 3 cups water to a boil in a medium saucepan.
- 4 Add polenta, stirring with a whisk. Reduce heat; simmer 3 minutes or until done, stirring occasionally. Stir in cheese.
- 5 Serve stew over polenta.

Nutrition per serving

338

KCAL

19 g

PROTEIN

11 g

FAT

44 g

CARBS

Saturated Fat	5.1 g · 32% of daily needs
Fibre	6.7 g · 27% of daily needs
Sugar	7.7 g · 9% of daily needs
Sodium	947 mg · 41% of daily needs
Cholesterol	19.3 mg · 6% of daily needs
Vitamin C	26.9 mg · 33% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/mediterranean-vegetable-stew-over-soft-polenta-148617