



## Mushroom and Marsala Casserole with Polenta Crust

 Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



702 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 2 tablespoons butter
- 1 carrots grated finely chopped
- 1 Handful porcini mixed dried
- 0.3 cup evoo
- 1 leaf flat parsley fresh for garnish
- 8 ounces mushrooms mixed fresh sliced
- 2 sprigs rosemary fresh finely chopped

- 4 cloves garlic sliced
- 0.5 cup marsala wine dry
- 1.5 cups milk
- 1 onion chopped
- 0.5 cup parmigiano-reggiano grated
- 1 pound portobello mushroom caps sliced
- 2 cups provolone cheese smoked shredded
- 1 cup quick-cooking polenta
- 4 servings salt and pepper freshly ground
- 3 sprigs thyme leaves fresh finely chopped
- 2 tablespoons tomato paste

## Equipment

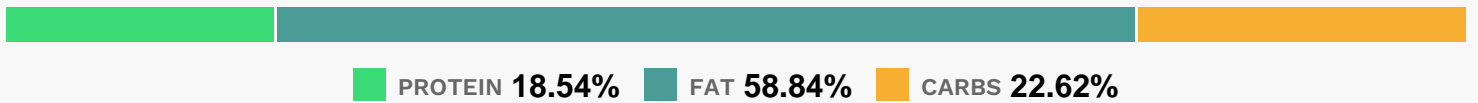
- frying pan
- sauce pan
- oven
- whisk
- casserole dish
- aluminum foil
- dutch oven

## Directions

- Preheat the oven to 400 degrees F. Cover the dried mushrooms with about 2 cups water in a small pot. Bring to boil, then reduce the heat and simmer to reconstitute them. Meanwhile, heat the EVOO in a Dutch oven over medium-high heat.
- Add the portobello and mixed fresh mushrooms and cook until darkened and tender, 15 to 20 minutes.
- Add the garlic, rosemary, thyme, carrots and onions, and season with salt and pepper. Cook, stirring, 7 to 8 minutes.
- Add the tomato paste and stir 1 minute.

- Add the Marsala and deglaze the pan, scraping up the browned bits from the bottom.
- Add the soaked dried mushrooms and most of the cooking broth, leaving behind the last few spoonfuls as grit may settle there.
- Transfer the stew to a 10 to 12-inch casserole dish.
- Heat the milk and 1 1/2 cups water to a simmer in a large saucepan.
- Whisk in the polenta and cook, whisking, until thickened.
- Remove from the heat while the polenta is still pourable and stir in the butter, Parmesan and salt and pepper to taste.
- Pour the polenta over the mushrooms in the casserole dish. Top with the smoked cheese and sprinkle with parsley. Cover the casserole with foil and bake for 20 minutes. Uncover and bake until golden and bubbly on top, 15 to 20 more minutes. Cook's Note: If you are not serving the casserole immediately, assemble it but do not bake. Cool, then store in the refrigerator.
- Bake as directed before serving.;

## Nutrition Facts



### Properties

Glycemic Index:124.21, Glycemic Load:12.54, Inflammation Score:-10, Nutrition Score:34.530869483948%

### Flavonoids

Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg Delphinidin: 1.17mg, Delphinidin: 1.17mg, Delphinidin: 1.17mg, Delphinidin: 1.17mg Malvidin: 28.45mg, Malvidin: 28.45mg, Malvidin: 28.45mg, Malvidin: 28.45mg Peonidin: 1.18mg, Peonidin: 1.18mg, Peonidin: 1.18mg, Peonidin: 1.18mg Catechin: 2.96mg, Catechin: 2.96mg, Catechin: 2.96mg, Catechin: 2.96mg Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 6.25mg, Quercetin: 6.25mg, Quercetin: 6.25mg, Quercetin: 6.25mg

### Nutrients (% of daily need)

Calories: 701.8kcal (35.09%), Fat: 45.09g (69.37%), Saturated Fat: 20.83g (130.16%), Carbohydrates: 39.02g (13.01%), Net Carbohydrates: 32.81g (11.93%), Sugar: 14.58g (16.2%), Cholesterol: 80.07mg (26.69%), Sodium: 1048.1mg (45.57%), Alcohol: 4.59g (100%), Alcohol %: 1.25% (100%), Protein: 31.96g (63.92%), Phosphorus: 815.51mg (81.55%), Calcium: 801.12mg (80.11%), Vitamin A: 3730.22IU (74.6%), Selenium: 46.57µg (66.54%), Manganese: 1.28mg (63.76%), Vitamin B2: 0.72mg (42.26%), Vitamin B3: 8.24mg (41.18%), Zinc: 4.9mg (32.67%), Potassium: 1116.13mg (31.89%), Vitamin B5: 3.13mg (31.29%), Vitamin B6: 0.58mg (29.1%), Copper: 0.58mg (28.82%), Magnesium: 113.99mg (28.5%), Vitamin B12: 1.68µg (27.94%), Fiber: 6.21g (24.84%), Vitamin E: 2.95mg (19.67%), Vitamin B1: 0.29mg (19.56%), Vitamin K: 18.39µg (17.51%), Folate: 63.27µg (15.82%), Iron: 2.66mg (14.8%), Vitamin D: 1.97µg (13.11%), Vitamin C: 7.17mg (8.69%)