

# Mexican Polenta



Time: 5 minutes prep, 5 minutes at high pressure, 10 minutes natural pressure release  
Servings: 3 main dish servings, 6 appetizer servings:

## Ingredients:

- 1 bunch sliced green onion (approx. one cup, greens and whites)
- 2 tsp minced garlic
- 2 cups vegetable broth
- 2 cups boiling water
- 1 cup corn meal/grits
- 1/4 cup fresh cilantro, chopped
- 1 Tbsp chili powder
- 1 tsp cumin
- 1 tsp oregano
- 1/2 tsp smoked paprika
- 1/4 tsp cayenne pepper (optional)
- fresh cilantro to garnish

## Instructions:

- 1.) In your pressure cooker, saute the green onion and minced garlic until fragrant (approximately 2-4 minutes), only adding a small amount of water as needed.
- 2.) Add in the vegetable broth, boiling water, corn meal, cilantro, and spices. Stir to mix.
- 3.) Lock the lid in place and bring to high pressure (manual, high pressure) for 5 minutes.
- 4.) After 5 minutes is up, allow for a natural pressure release for 10 minutes. Quick release any remaining pressure after 10 minutes.
- 5.) Stir and serve as is, or place into a glass dish (or dishes) to set.

## Amy's Notes:

What I love about this recipe is that it doesn't have salt... and you would have never known. Not that the recipe tastes extra salty, but the green onion, garlic, cilantro, and spices give it such dimension that salt would never be needed.

When I ate more of the polenta the next day, I had it warmed up with fajita black beans, onions, and bell peppers. It was **WOW!**