RICOTTA POLENTA
WITH SAVORY MEATBALLS

Prep Time: 10 minutes
Cook Time: 20 minutes
Total Time: 30 minutes
Serves: 4

Ingredients

RICOTTA POLENTA

- 7 oz instant polenta
- 2 cups chicken broth
- 2 cups whole milk
- 7 oz whole-milk ricotta
- 3 oz grated Parmesan
- 2 tbsp unsalted butter
- Salt and black pepper, to taste

MEATBALLS

- 1 lb Séka Hills ground beef
- ½ lb Séka Hills ground sausage
- ½ tsp salt
- ½ tsp black pepper
- ½ tsp sweet paprika
- ½ tsp cayenne pepper
- ½ tsp garlic powder
- ½ tsp dried onion
- ¼ tsp nutmeg
- 1 egg
- 2 tbsp breadcrumbs

BEEF GRAVY

- 2 onions, thinly sliced
- 3 garlic cloves, minced
- 1 cup beef stock
- 3 tbsp Séka Hills Olive Oil, divided
- 3 tbsp unsalted butter, divided
- 1 tsp yellow mustard
- 1 tsp black pepper
- 1 tsp dried oregano
- 1 tsp dried thyme
- 2 tbsp flour
- Salt and pepper, to taste
- Chopped chives, for serving

Directions

MEATBALLS & GRAVY

1. **Shape the meatballs.** Combine all meatball ingredients in a large bowl. Mix gently by hand until just combined. Shape into balls using 2 tbsp of mixture per meatball.
2. **Cook the meatballs.** Heat 1 tbsp butter and 2 tbsp olive oil in a large nonstick skillet over medium heat. Cook meatballs for about 10 minutes, turning 2–3 times, until browned and cooked through. Transfer to a plate.
3. **Prepare the gravy.** Add the remaining 1 tbsp olive oil and 2 tbsp butter to the skillet. Cook onions over low heat for 5 minutes. Add garlic and cook for 2 minutes. Stir in salt, pepper, oregano, thyme, and flour. Cook for 1 minute, stirring constantly. Pour in the beef stock, stir in the mustard and bring to a boil.
4. **Simmer the meatballs and gravy.** Return meatballs and accumulated juices to the skillet. Season with salt and pepper to taste. Simmer over low heat while preparing the polenta.

RICOTTA POLENTA

1. **Cook the polenta.** Bring chicken broth and milk to a boil in a saucepan. Slowly whisk in polenta. Reduce heat to low and stir continuously for 2–3 minutes.
2. **Finish the polenta.** Remove from heat. Stir in ricotta, Parmesan, salt, pepper, and butter. Cover and let stand for 1 minute. Thin with additional milk or chicken broth if needed. Adjust seasoning to taste.
3. **Serve the polenta.** Divide polenta among four bowls. Top with meatballs and gravy, then garnish with chopped chives. Serve with a salad or roasted broccoli.

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