

veal is very tender when pierced with fork. Transfer veal to platter. Skim off fat from liquid in Dutch oven.

5. Place Dutch oven on burner on top of range, and cook sauce on medium-high about 10 minutes or until slightly thickened, stirring occasionally. Add peas and 1/2 teaspoon lemon peel; cook 2 minutes.

6. To serve, discard bay leaf. Transfer veal to dinner plates. Spoon sauce over veal; sprinkle with additional lemon peel for garnish. Makes about 11 cups.

EACH SERVING About 270 calories, 38 g protein, 15 g carbohydrate, 6 g total fat (1 g saturated), 4 g fiber, 141 mg cholesterol, 575 mg sodium.

STOVETOP Chili Pot Pie with Polenta Crust

Active time 30 minutes

Total time 1 hour 50 minutes
plus standing

Makes 10 main-dish servings

Chili

- 2 tsp. olive oil
- 1 1/2 lbs. well-trimmed boneless beef chuck, cut into 1/2-in. chunks

Salt

- 1 med. onion, chopped
- 1 med. red pepper, chopped
- 3 cloves garlic, crushed with press
- 1 serrano or jalapeño chile, seeded and finely chopped
- 2 Tbsp. tomato paste
- 3 Tbsp. chili powder
- 1 Tbsp. ground cumin



- 1 can (28 oz.) whole tomatoes in juice
- 2 cans (15 to 19 oz. each) red kidney beans, rinsed and drained

Polenta Crust

- 2 c. low-fat (1%) milk
- 1 1/2 c. cornmeal
- Salt
- 4 1/2 c. boiling water

1. Prepare Chili: In 12-inch skillet, with broiler-safe handle (if not broiler-safe, wrap handle in double thickness of foil for broiling in oven later), heat oil on medium-high until hot. Sprinkle beef with 1/4 teaspoon salt. Add beef to skillet in 2 batches, and cook 4 to 5 minutes per batch or until beef is browned on all sides, stirring occasionally and adding more oil if necessary. With slotted spoon, transfer beef to bowl once it is browned.

2. After all beef is browned, add onion, pepper, garlic, and serrano chile to same skillet, and cook on medium 8 minutes or until all vegetables are lightly browned and tender, stirring occasionally. Stir in tomato paste, chili powder, cumin, and 1/2 teaspoon salt; cook 1 minute, stirring constantly.

3. Return beef, and any juices in bowl,

to skillet. Add tomatoes with their juice, stirring and breaking up tomatoes with side of spoon; heat to boiling on medium-high. Reduce heat to low; cover and simmer 1 hour and 15 minutes, stirring occasionally. Add beans and cook Chili, uncovered, 15 minutes longer or until meat is tender.

4. After adding beans to Chili, prepare Polenta Crust: In microwave-safe deep 4-quart bowl or casserole, combine milk, cornmeal, and 3/4 teaspoon salt until blended; whisk in boiling water. Cook in microwave on High 12 to 15 minutes. After first 5 minutes of cooking, whisk vigorously until smooth (mixture will be lumpy at first). Stir 2 more times during cooking.

5. While polenta is cooking, preheat broiler.

6. When Chili is done, skim off fat. Spread polenta evenly over Chili in skillet. Place skillet in broiler 6 to 8 inches from source of heat, and broil polenta 3 to 4 minutes or until lightly browned, rotating skillet if necessary for even browning. Let pot pie stand 10 minutes for easier serving. Makes about 9 cups.

EACH SERVING About 335 calories, 26 g protein, 44 g carbohydrate, 7 g total fat (2 g saturated), 11 g fiber, 34 mg cholesterol, 780 mg sodium. →

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