

Champagne and Mushroom Risotto

Dietary Needs: Gluten-Free / Dairy-Free / Vegetarian

Prep Time: 40 min

Difficulty Level: Moderate

Servings: 6-8

Overnight yes/no: No



Ingredients:

🌱 Available for purchase in the PureFormulas Store

- 1/4 cup of coconut oil 🌱
- 1 onion, diced
- 2 cloves of garlic, minced
- 1 1/2 cups of baby bella mushrooms, quartered
- 1/2 cup of champagne (optional)
- 1 1/2 cups of Arboio Rice or Risotto Rice
- 4-5 cups of low-sodium vegetable broth
- 1/2 tsp of oregano 🌱
- 1/2 tbsp of garlic powder 🌱
- 1/4 tsp of thyme 🌱
- 1/4 tsp of honey 🌱

Directions:

1. Place your Low-Sodium Vegetable Broth over medium heat. You want the broth to remain at a consistent, hot temperature.
2. Saute your onions in the coconut oil over medium heat for about 5 minutes, or until the onions are translucent. At this point, add the minced garlic and cook for another minute, or until the garlic is fragrant.
3. At this point, add your rice to your saute pan—stirring constantly. Toast your rice for 2-3 minutes.
4. Turn the heat off momentarily and add your champagne to the pan and allow it to reduce and be absorbed by the rice. If you don't cook with alcohol, simply skip this step and your risotto will still be delicious!
5. Once the champagne is reduced, turn the heat back on to medium. Add a ladle (roughly 1/2 cup) of your hot broth to the rice, stirring constantly, until the broth has been absorbed. Repeat this process 4-5 times until your rice is al dente. It should be tender but still have a bite to it.
6. When your rice is cooked through, add your mushrooms to the pan and allow them to steam quickly.
7. Turn off the heat and add the garlic powder, thyme, and oregano.
8. Finish with a grating of Parmesan cheese—or your favorite vegan alternative.
9. Plate the risotto and drizzle with honey. Enjoy immediately!