

Quick Oven Risotto



the ingredients (serves 4)

- 1 large container of assorted mushrooms, chopped
- 1 cup frozen peas
- 1 yellow onion, chopped
- 1 tsp of garlic powder and thyme
- 1 tsp-tbsp saffron
- 1 veggie or chicken bouillon cube
- 1 can no-salt added cannellini beans, drained
- 1 cup Arborio rice
- 3 cups low sodium vegetable broth
- 1/2 cup white wine
- 1 lemon, zested and parmesan cheese (both optional)
- Olive oil

the method

- In a small saucepan, heat vegetable broth, saffron, and bouillon cube until hot. Can turn off heat after reaches boiling. Set aside. Preheat oven to 350 degrees.
- In a Dutch oven, add drizzle of olive oil to pan and saute onions with spices for 3-5 minutes until onions are translucent.
- Add mushrooms and saute until browned, about 2-3 minutes. Add wine and scrape bottom of pan.
- Add rice to pot with mushrooms and stir constantly for one minute. Then add beans and broth to pot and mix well.
- Cover and place in oven for 25 minutes. Remove from oven, stir in peas and put back in oven, covered, for 5 more minutes until liquid is absorbed and risotto is creamy.
- Top with Parmesan cheese and lemon zest as desired.

the nutrition

1 serving

KCAL: 279

FIBER: 6.25 g

SATURATED FAT: 0.1 g

PROTEIN: 11.5 g

ADDED SUGAR: 0 g

