



ULTRA-CREAMY RISOTTO

with Mushrooms and Artichokes

PREP: 10 MIN
TOTAL: 45 MIN

LEVEL 2

VEGGIE

GLUTEN
FREE



HELLO ARTICHOKEs

This big-hearted veg has
lots of vitamin C

INGREDIENTS:

- Veggie Stock Concentrate
- Yellow Onion
- Garlic
- Artichoke Hearts (Contains: Soy)
- Button Mushrooms
- Parsley
- Arborio Rice
- Parmesan Cheese (Contains: Milk)
- Pine Nuts (Contains: Tree Nuts)

FOR 2 PEOPLE:

- 1
- 1
- 2 Cloves
- 1 Jar
- 4 oz
- ¼ oz
- ¾ Cup
- ¼ Cup
- 1 oz

FOR 4 PEOPLE:

- 2
- 1
- 2 Cloves
- 2 Jars
- 8 oz
- ¼ oz
- 1½ Cups
- ½ Cup
- 1 oz

NUTRITION PER SERVING

562 cal | Fat: 27 g | Sat. Fat: 4.5 g | Protein: 18 g | Carbs: 72 g | Sugar: 4 g | Sodium: 748 mg | Fiber: 7 g

START STRONG

It's tempting to pour all of the stock into the risotto at once, but don't do it! Adding the liquid bit by bit helps the rice cook more evenly and gives it a creamier consistency.



BUST OUT

- Small pot
- Paper towel
- Medium pot
- Strainer
- Baking sheet
- Olive oil (1 TBSP | 2 TBSP)

1 PREHEAT OVEN AND WARM STOCK

Wash and dry all produce.

Preheat broiler to high or oven to 500 degrees. In a small pot, combine **stock concentrate** and **4 cups water**. Bring to a boil and reduce to a simmer over low heat.

2 PREP VEGGIES

Halve, peel, and dice **onion**. Mince or grate **garlic**. Drain and pat **artichoke hearts** dry with a paper towel, then chop into bite-size pieces. Cut **mushrooms** into quarters. Finely chop **parsley**.

3 COOK ONIONS AND MUSHROOMS

In a medium pot, heat a large drizzle of **olive oil** over medium-high heat. Add **onion** and cook until softened, 2-3 minutes. Add **garlic** and **mushrooms** and cook until mushrooms have started to soften, another 2-3 minutes.



4 START RISOTTO

Add **arborio rice** to pot and stir until grains are translucent, about 1 minute. Add warm **stock** ¼ cup at a time, stirring after each addition. Let rice absorb stock before adding more.

5 BROIL ARTICHOKES

While **risotto** cooks, place **artichoke hearts** on a baking sheet and toss with a drizzle of **olive oil** and a pinch of **pepper**. Broil until crisped and starting to brown, 5-7 minutes.

6 FINISH RISOTTO

Once **rice** is al dente, add broiled **artichoke hearts**, **parsley**, and half the **Parmesan cheese** to **risotto**. Stir to combine. Season to taste with **salt** and **pepper**. Divide **risotto** between plates and top with **pine nuts** and remaining **cheese**.

PERFECTO!

You go, risotto! Check out that masterful technique.