

## Vegetable Risotto

serves 4-6

Serving size: ½-2 cups depending if an entrée or side dish

Gluten Free & Vegan

### Homemade Broth Ingredients

24 ounces water

½ medium zucchini, diced in small pieces, skin left on

15 Green and Yellow beans

2 medium carrots, raw, sliced

4 scallions cut in small pieces

¼ green pepper, diced

2 celery stalks sliced into bite size pieces

5 fresh basil leaves, chopped

Salt to taste

½ cup Shitake mushrooms, dried, soak in water and reserve liquid, stain for sand

Add water to a large pot and bring to boil. Add all ingredients, simmer on a low heat for 15 minutes until vegetable are blanched but not over cooked. Add salt to taste. Set aside.

### Risotto

1 small yellow onion, diced

3 garlic cloves crushed and diced

1-2 Tablespoons olive oil

1 cup Arborio rice

Place vegetables in a skillet with oil and sauté until golden, add rice and mix until all the rice is coated. Measure 2 cups of broth from the vegetable mixture and stir rice until water is well absorbed, about 8-10 minutes. Continue to cook until rice softens, then add 2 cups of cooked vegetables from the broth, cook another 5 minutes and serve. Optional: Top with parmesan cheese.

Add beans to make a complete meal!!

