

Mushroom Risotto

Whole-grain rice adds a healthy dimension to our risotto, a rich and creamy traditional Italian rice dish.

Ingredients:

- ❄️ 1 ½ cups water
- ❄️ 1 ½ ounces dried wild mushrooms (porcini, oyster, morels, and/or chanterelles)
- ❄️ 1 teaspoon olive oil
- ❄️ 1 small onion, finely chopped
- ❄️ 8 ounces button mushrooms, sliced
- ❄️ 2 garlic cloves, minced
- ❄️ 1 tablespoon thyme, chopped
- ❄️ 2 tablespoons balsamic vinegar
- ❄️ 3 ½ cups reduced-sodium vegetable or chicken broth
- ❄️ 1 cup short-grain brown rice
- ❄️ ¼ teaspoon black pepper
- ❄️ ¼ cup flat leaf parsley, chopped, divided



Directions:

1. Pour 1 ½ cups boiling water over dried wild mushrooms in a small, heat-proof bowl. Let stand 30 minutes. Strain soaking liquid through a coffee filter or paper towel to remove any debris. Set aside.
2. Rinse and finely chop mushrooms.
3. Preheat oven to 425° F.
4. Heat olive oil in a large, heavy, oven-proof pot or Dutch oven over medium-high heat.
5. Add onion, wild mushrooms and button mushrooms and cook until onion is soft and the liquid from the mushrooms has evaporated, about 10 minutes.
6. Add garlic and thyme and cook until fragrant, about 1 minute.
7. Add vinegar and cook, scraping bottom of pan to loosen any stuck bits, until vinegar has nearly evaporated.
8. Add broth and reserved mushroom soaking liquid. Bring to a boil then reduce to a simmer.
9. Add rice.
10. Cover pot and place in oven. Let cook, stirring after 20 minutes and then every 10 minutes, until the rice is tender and the risotto has a creamy consistency, about 40 to 45 minutes.
11. Remove from oven and stir in black pepper and half the parsley until well combined.
12. Serve warm and garnish with remaining parsley.

Makes 6 to 8 servings.

REMINDER TO SELF: Ask parents if children have any food allergies!

