



Easy Risotto

Ingredients

- 1 quart broth (vegetable or chicken)
- 1 cup arborio rice
- 1 red onion, diced
- 5 cloves garlic, minced
- Olive oil

Method

- Thickly coat a deep-sided pan in olive oil, on low heat
- When olive oil is shimmering, add red onion
- When onion has softened, add garlic
- After 3 minutes, add rice to pan
- Cook on med-low heat until rice begins to brown
- Continue stirring until oil is absorbed
- Add 1 cup of broth and continue stirring

Method Cont.

- When broth is absorbed, add 1 cup of broth
- Continue stirring
- When broth is absorbed, add 2 cups of broth, cover and turn heat on low
- Stir occasionally
- After 12-15 minutes lift cover and stir until the rest of the broth is absorbed.
- Plate and Serve!

Prep Time: 5 minutes

Cook Time: Approx. 45 minutes

*** This dish is gluten-free and easy to make during any season. Get creative by adding kale, summer squash, green beans or something off the grill!