



Mushroom and Pea Risotto

Recipe By MICHAEL MCMURTREY

SERVES: 4

INGREDIENTS:

- 8 cups vegetable stock
- 1 tbsp. olive oil
- 1 onion, *chopped*
- 2 tbsp. vegan butter, *divided*
- 1 tbsp. garlic, *minced*
- 16 oz. button mushrooms, *sliced thick*
- 1 tbsp. fresh thyme, *stems removed*
- 2 cups Arborio rice
- ½ cup white wine
- 1 cup dairy-free mozzarella
- 1 cup frozen peas, *defrosted*
- ½ lemon, *juiced*
- 2 tbsp. fresh parsley, *chopped*
- salt and pepper

DIRECTIONS:

- 1. In a medium saucepan over medium heat bring vegetable stock to a simmer.
- 2. In a large skillet heat olive oil and then add the onion, cooking until just tender. To the onions, add half of your vegan butter, garlic, mushrooms, and thyme. Cook until the mushrooms have softened and are tender. Season with salt and pepper. Remove and set aside.
- 3. In a stock pot on medium heat, melt the remaining half of vegan butter and add the arborio rice. Stir the rice continually until the rice is lightly brown and starting to toast, about 2 minutes. Add the wine and cook until the wine has absorbed.
- 4. Add one ladle of warm stock to the rice and stir continually until the rice absorbs the liquid. Once the liquid has absorbed into the rice, add another ladle of stock. Continue doing this until the risotto is al dente. Note: You may not need all of the stock.
- 5. Now, add the mushrooms mixture, cheese, and peas back to the rice and stir. Add the lemon juice and parsley, stir and serve warm.

For more mushroom taste, use mushroom broth instead of vegetable stock. You can also make this meal not vegan by substituting real butter, real cheese, and chicken stock.

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