

Vegetarian Pumpkin Risotto

Courtesy of @playswellwithbutter
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Servings: 6

6 cups organic vegetable broth
1 bay leaf
4 tablespoons unsalted butter quarters, divided
1 small yellow onion, diced
1 teaspoon Kosher salt
3 cloves garlic, minced or grated
2 cups arborio rice
1 cup Sauvignon Blanc
1/2 cup Parmesan cheese, grated
1 can (15 ounce) pumpkin puree'
1/4 teaspoon nutmeg
fresh sage leaves (for garnish)
grated Parmesan cheese (for garnish)

Preparation Time: 5 minutes

To a large pot over high heat, add the vegetable broth. Bring the broth to a simmer. Reduce the heat to low or medium-low to maintain a very light simmer.

As the broth comes to a simmer, begin cooking the aromatics. Add two tablespoons of butter to a large, heavy-bottomed pot or Dutch oven over medium heat. Once melted, add the onion and salt. Stir to combine. Cook, stirring occasionally, until the onion has softened, about 4 to 5 minutes. Stir in the garlic and cook until fragrant, about 30 seconds.

Add the arborio rice to the pot with the aromatics, stirring to combine. Cook, stirring occasionally, until the rice is lightly toasted, about 5 minutes. The rice will take on some golden-brown color, but should not burn.

Increase the heat under the rice and onion to medium high. Then add the wine to deglaze. Bring the wine to a boil. Cook, stirring constantly, until the wine is absorbed, about 3 to 4 minutes. Reserve one cup of the simmering vegetable broth, then carefully transfer the remaining five cups of warm broth to the pot with the rice. Bring the mixture to a boil. Reduce the heat to low to achieve a steady simmer. Cover the pot. Cook the risotto for 20 minutes.

Remove the risotto from the heat. Stir the remaining two teaspoons of butter, the reserved vegetable broth, the pumpkin puree', Parmesan cheese and nutmeg into the risotto. Cover and let the pot stand for 5 minutes.

Serve the pumpkin risotto immediately, topped with fresh sage leaves and/or extra grated Parmesan, as desired.

TIP:

To make it vegan and/or dairy-free, use coconut oil instead of the butter. Omit the Parmesan cheese (be sure to taste and add extra salt to account for the saltiness that the Parmesan would add.

Per Serving (excluding unknown items): 265 Calories; 2g Fat (7.3% calories from fat); 8g Protein; 52g Carbohydrate; trace Dietary Fiber; 5mg Cholesterol; 449mg Sodium. Exchanges: 3 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Fat.