



Makes 6 cups
Preparation Time: 20 minutes
Cook Time: 40 minutes

INGREDIENTS:

3 cups vegetable stock

1½ cups dry brown rice, rinsed
and drained

6 cloves garlic, minced

2 cups thinly sliced fresh
mushrooms

1 cup ½-inch cauliflower florets

1 cup thinly sliced carrots

1 cup fresh or frozen peas

1 cup unsweetened, unflavored
plant milk, such as almond, soy,
cashew, or rice

Sea salt and freshly ground
black pepper, to taste

Lots-of-Vegetables Risotto

Garlic, mushrooms, and vegetable broth infuse this creamy vegan risotto with savory flavor, while crisp-tender carrots and peas add a dash of sweetness to round things out. Short on time? Use precooked rice and start with Step 2, adding a little water to the rice if it's dry.

By Darshana Thacker Wendel

- 1** In a large saucepan bring vegetable stock to boiling. Add rice; reduce heat. Simmer 45 minutes or until rice is toasted in places but still moist.
- 2** Meanwhile, heat an extra-large skillet over medium-high. Add garlic; stir constantly to prevent sticking. Add mushrooms; cook 5 to 10 minutes or until the liquid released by the mushrooms is cooked off and mushrooms are browned. Transfer to the saucepan with the rice. Do not clean skillet.
- 3** In the same skillet combine cauliflower, carrots, peas, and ¼ cup water. Cook over medium until vegetables are crisp-tender, stirring occasionally. Transfer to the saucepan with the rice.
- 4** Stir milk into the saucepan and season with salt and pepper. Cook 10 minutes more or until risotto is creamy. Serve warm.