



Makes 7 to 8 cups
Preparation Time: 1 hours

INGREDIENTS:

3 cups low-sodium vegetable broth

1 tablespoon extra-virgin olive oil (optional, [learn more](#))

1 cup chopped onion and/or shallots, or sliced leeks and/or scallions

4 cloves garlic, minced

2 cups dry short grain brown rice

1 cup canned pumpkin

2 tablespoons apple cider vinegar or white wine vinegar

2 to 3 cups chopped leftover roasted, grilled, or sautéed vegetables

2 tablespoons chopped fresh herbs (parsley, thyme, dill, basil)

1¼ teaspoons sea salt

½ teaspoon freshly ground black pepper

¼ cup chopped toasted walnuts

1 tablespoon nutritional yeast (optional)

Lemon wedges (optional)

Easy Gluten-Free Risotto

Risotto is a much-loved **Italian** dish featuring short-grain rice cooked with broth until mouthwateringly creamy. This flexible recipe walks you through the basics of risotto-making and invites you to use leftover veggies and herbs you have on hand. While traditional risotto uses oil and butter in spades, this recipe skips the added fat, instead achieving rich flavor with canned pumpkin and a little nutritional yeast (optional). Don't be surprised to find yourself cooking extra vegetables so you have **leftovers** to make this creamy risotto the next day!

Tips

Is risotto gluten-free? Risotto is made from rice but is not always gluten-free, as it depends on the other flavorings added. This recipe is gluten-free.

Optional oil: This is a **Forks Flex Recipe**, which means it includes a small amount of optional oil. If you include the oil, you'll add approximately 30 calories, 3.5 g total fat, and 0.5 g saturated fat per serving.

For more inspiration, check out these tasty ideas:

- [Wild Mushroom and Asparagus Risotto](#)
- [Pumpkin Risotto Frittata with Mushrooms](#)
- [Lots-of-Vegetables Risotto](#)
- [Butternut Squash Risotto](#)

By Ellen Boeke

- 1 In a medium saucepan combine broth and 3 cups water. Bring to boiling; reduce heat to keep warm.
- 2 For oil-free: In a 4- to 5-quart Dutch oven cook onion and garlic over medium 5 to 6 minutes, stirring occasionally and adding some of the hot broth, 1 to 2 tablespoons at a time, as needed to prevent sticking. *If using oil: In a 4- to 5-quart Dutch oven heat oil over medium, then add onion and garlic. Cook 5 minutes or until onion is softened, stirring occasionally.* (Add rice; cook 1 to 2 minutes or until rice starts to toast.
- 3 Add ½ cup hot broth to rice; stir frequently until almost all the broth is absorbed. As broth is nearly absorbed, continue adding broth in ½-cup increments, stirring frequently, until rice is nearly tender, about 45 minutes.
- 4 Stir in pumpkin and vinegar. Stir in vegetables and herbs; heat through. Season with salt and pepper. Sprinkle with nuts and nutritional yeast (if using), and serve with lemon wedges (if using).