



Makes about 6 cups
Preparation Time: 25 minutes
Cook Time: 1 hours 10 minutes

INGREDIENTS:

¼ cup cashews
1 cup finely chopped onion
8 ounces button mushrooms, trimmed and sliced (2½ cups)
¼ teaspoon freshly ground black pepper
1 cup fresh or frozen green peas
6 cups low-sodium vegetable broth
1 cup short grain brown rice
2 cloves garlic
1 teaspoon dried thyme
1 teaspoon apple cider vinegar
1 tablespoon nutritional yeast
Sea salt

Mushroom and Green Pea Risotto

This creamy risotto is a vast improvement over the traditional dish, as it brings all the creamy texture and cheesy flavor without the heaviness of actual cheese or butter.

From *The Forks Over Knives Plan*

<https://www.youtube.com/watch?v=axBA4eNxark>

By Darshana Thacker Wendel

- 1 Place the cashews in a small bowl and cover with 1 cup water. Set aside to soak for 30 minutes.
- 2 In a large skillet with a cover, combine the onion and ¼ cup water. Cover and cook over high heat for 5 minutes.
- 3 Stir in the mushrooms and pepper and cook over medium heat, uncovered, until the mushrooms are tender, 8 to 10 minutes.
- 4 Add the green peas and cook for 5 minutes, adding water 1 to 2 tablespoons at a time as needed to keep the vegetables from sticking. Remove the pan from the heat and set aside.
- 5 In a medium saucepan, combine the vegetable broth, rice, garlic, and thyme. Bring to a boil over high heat. Reduce the heat to medium, cover the pan, and simmer, stirring occasionally, until the rice is cooked, about 45 minutes.
- 6 Meanwhile, transfer the cashews and their soaking water to a blender. Blend until smooth. Set aside.
- 7 To the pan with the rice add the reserved mushroom mixture and cashew milk along with the vinegar, nutritional yeast, and salt. Cook, uncovered, over medium heat, stirring often, until the rice is completely cooked and still creamy, about 30 minutes (add more water if the liquid has been completely absorbed).
- 8 Remove the pan from the heat. Cover with a lid and let stand for 5 minutes. Taste and adjust the seasoning. Serve hot.