

Mushroom Asparagus Risotto

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 10

Serving size: 1 cup

Ingredients	Quantity	Measure
Soy Curls		
Soy Curls*, like Butler brand, dried	½ 8-ounce package (approx. 2 ½ cups)	
Vegetable Stock	1	pint
Risotto		
Vegetable oil	1	Tbsp.
Onion, diced	1	cup
Bell pepper, diced	½	cup
Garlic, minced	2	cloves
Mushrooms, sliced	1	pound
Arborio rice	1	pound
Vegetable stock, hot	1	pint
White wine**	¼	cup
Fresh parsley, finely chopped	¼	cup
Salt	1	tsp.
Black pepper	1	tsp.
Fresh asparagus***, cut in 1-inch pieces	1	cup

Preparation

1. Prepare soy curls by heating 1 quart of vegetable stock then adding dried soy curls to the stock. Let soak for 10 minutes until tender. Drain soy curls and set aside.
2. Begin risotto by heating the oil in a 4-quart pot.
3. Add onions, peppers, garlic, and mushrooms. Sauté for 3 minutes.
4. Add rice. Stir in ½ of the stock, wine, parsley, salt, and black pepper.
5. Bring to a simmer and cook for 10 minutes uncovered, stirring constantly.
6. Add remaining stock, asparagus, and prepared soy curls. Cook for 10 minutes, stirring constantly, or until risotto is tender and all the liquid has been absorbed. Taste for salt and add as needed.



Mushroom Asparagus Risotto Continued

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Variation

*Packaged vegan chicken can be used in place of soy curls

**To substitute white wine, choose one of these options

1. White wine vinegar, same amount
2. Vegetable broth and white vinegar (1 Tbsp white vinegar per 1 cup broth)
3. Lemon juice, dilute 1:1 with water in place of white wine

*** Use green peas instead of or in addition to asparagus

Serving Information

Serve with 4 ounces of roasted root vegetables.

Nutrition Information

 *From USDA Nutrient Database

Calories: 245 Total Fat: 2.9g Saturated Fat: 1.2g Monounsaturated Fat: 0.2g Polyunsaturated Fat: 0.1g
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 46.6g Fiber: 2.6g Total Sugar: 4.3g Protein: 8g
Sodium: 453.4mg Vitamin A: 30µg Vitamin C: 19.3mg Calcium: 23mg Iron: 1.8mg Folate: 31µg

