

Mock Risotto

This recipe makes about 7 cups of Risotto



Ingredients

½ cup whole grain brown rice or rice of choice

½ cup pearl barley

1 small onion, chopped

2 cloves garlic, minced

Kosher salt and black pepper to taste

2 ½ cups chicken or veggie broth

1 lb small thin asparagus cut to 1" pieces

6 oz cremini mushrooms, quartered

2 oz ½ less fat cream cheese

1 Tbsp grated Parmesan cheese

For garnish

2 Tbsp chopped fresh chives

½ tsp grated lemon zest

Directions:

1. Bring a pot of salted water to a boil. Add rice and barley, cook for 15 minutes until al dente, then strain.
2. Heat a few tablespoons of broth in a skillet over medium heat. Add onion, garlic, salt, and pepper. Cook for 5 minutes until softened.
3. Stir in the drained rice mixture and 2 cups of broth. Cover and cook for 6-8 minutes until tender.
4. Add asparagus and mushrooms. Cover and cook for 8-10 minutes until tender.
5. Remove from heat and stir in the remaining broth, cream cheese, and Parmesan until creamy.
6. Line a tray with parchment paper and spread the risotto evenly across it. If desired, use dividers set to the 10-portion setting for easier portioning. (Optionally, set aside about 2 cups to enjoy fresh.
7. Pre Freeze when possible
8. Freeze dry (my cycle time was 27 hours)
9. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

Rehydrate 1/5 of the tray with about ½ cup of hot water. Stir and let sit for 2-5 minutes for best results

Notes:

For a little kick, add a pinch of crushed red pepper flakes while cooking the onions and garlic. Once the dividers are in place, sprinkle the chives and lemon zest if desired, or wait and add them after rehydrating.

Nutritional Value Per 1 cup

Calories: 63 Protein: 3 g Fat: 1.5 g Carbohydrates: 10.5 g Sugar: 1.7 g Fiber: 1.3 g