

Butternut Squash Risotto

8 SERVINGS 40 MINUTES



INGREDIENTS

- 8 cups Vegetable Broth, Low Sodium
- 2 tbsps Extra Virgin Olive Oil
- 1 Yellow Onion (diced)
- 4 cups Butternut Squash (peeled, seeds removed, cubed)
- 3 Garlic (cloves, minced)
- 1 tsp Sea Salt (divided)
- 2 cups Arborio Rice
- 1 cup Parmigiano Reggiano (finely grated)

DIRECTIONS

- 01 In a saucepan, bring the broth to a gentle simmer, then leave on low heat to keep warm.
- 02 Meanwhile, heat the oil in a large pot over medium heat. Saute the onions for five minutes. Stir in the squash, garlic, and half the salt. Cook for about six minutes, or until the edges begin to soften.
- 03 Stir in the rice and remaining salt. Cook for two minutes, or until the rice is fragrant.
- 04 Add the warm broth one cup at a time, stirring often and allowing time for the liquid to absorb before adding more. Cook until the risotto is al dente and the squash is tender, about 20 to 25 minutes.
- 05 Stir in the parmesan and season with more salt to taste. Divide into bowls and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

SERVING SIZE

One serving equals approximately 1 1/2 cups.

DAIRY-FREE

Use vegan parmesan or nutritional yeast instead.

MORE FLAVOR

Add butter, sage, white wine, or lemon juice.