

Bolognese Risotto



Ingredients

- 1 brown onion, diced
- 2 garlic cloves, minced
- 1 zucchini, diced
- 1 carrot, diced
- 1 1/2 cups of arborio rice
- 1 can diced tomatoes
- 2 tbsp tomato paste
- 1 can lentils, drained and rinsed
- 4 cups vegetable stock
- 2 tbsp vegan butter
- 2 tbsp nutritional yeast
- 1 handful grated vegan cheese (optional)

Method

- Add oil to a pot, add onion, garlic, zucchini and carrot. Continue cooking for about 5 minutes, until vegetables are softened.
- Add in rice and stir to briefly saute'
- Lower heat and add in diced tomatoes, tomato paste and lentils. Stirring until well combined
- Add 2 cups of vegetable stock, occasionally stirring so rice doesn't stick for about 15-20 minutes and stock is mostly absorbed.
- Add in the remaining 2 cup of vegetable stock and repeat the above step for about 10 minutes and the stock is mostly absorbed.
- Turn off heat and add in butter, nutritional yeast and cheese. Stir until well combined and cheese has melted

