

Brown Rice Risotto with Mushrooms & Peas

Serving Size: 1 cup | Servings per Recipe: 4 | Healthy



INGREDIENTS

- 2 tbsp oil
- 2 cups sliced mushrooms (canned or fresh)
- 1 yellow onion, diced
- 3 cloves garlic, smashed
- 3 cups low sodium chicken broth
- 1 cup brown rice
- 1 cup frozen or canned peas
- 1 cup cheese (any kind)

DIRECTIONS

- Heat olive oil in a large pot over medium-high heat. Add mushrooms, onion, and garlic and cook until soft, about 5 minutes.
- Add the broth and rice and bring to a boil. Reduce the heat to low and cook for 30 minutes with a lid covering the pan
- Remove the lid and cook uncovered for 5-10 minutes.
- Add the cheese and peas and stir.

Calories per serving: 505 kcal | 23 g total fat | 54 g total carbohydrates | 17 g protein