

Mushroom Risotto with Legumes

Food Foundations

Ingredients

- 3 X 410g legumes
- 500g brown rice
- 2 litres of salt reduced vegetable stock
- 5 cups mixed mushrooms (button and/or portabella)
- 1/2 leek finely sliced
- 3 teaspoons dried thyme
- 280g (2) diced onion
- 1 cup cheddar cheese
- 5 tablespoons (100ml) Olive oil
- 20 slices of wholemeal bread

Serves: 20

Prep Time: 10 mins

Cook Time: 40 mins



Method

1. Heat olive oil in pan, sauté onion until golden (3-4 minutes).
2. Add sliced leek and cook a further 2 minutes.
3. Add legumes, rice and salt reduced vegetable stock leave to simmer for 20 minutes.
4. Add mushrooms and thyme and continue cooking a further 10 minutes.
5. Additional water maybe added if required.
6. Stir through cheddar cheese and serve.

Recipe Notes:

For variation add rossini pasta, red and green capsicum, spring onion or red cabbage. Replace water with milk to increase the dairy serve.

Food Group	Serves per portion
Vegetables	1.4
Fruit	
Grain foods	1.7
Lean meat and alternatives	0.4
Milk, yoghurt and cheese	0.3