



# Shiitake Mushroom Risotto



Estimated Time: 35 mins

## Nutrition Per Serving

4 servings (1 bowl per serving)

Calories .....	431
Protein .....	11g
Total Carbohydrates .....	79g
Net .....	73g
Sugar .....	3.6g
Fiber .....	5.5g
Total Fat .....	10g
Saturated Fat .....	1g
Polyunsaturated Fat .....	0.75g
Monounsaturated Fat .....	5g
Trans Fat .....	0g
Cholesterol .....	0mg
Minerals	
Sodium .....	209mg
Potassium .....	239mg
Phosphorus .....	74mg
Calcium .....	21mg

Recipe provided by  
Chef Duane

## Ingredients

- 2 tablespoon olive oil
- 1 medium onion, diced
- 1 stalk of celery, diced
- 2 cloves of garlic, minced
- 8 oz of sliced Shiitake mushrooms
- 2 cups black rice
- 3 ¾ cup low-sodium vegetable broth
- 3 or 4 button mushrooms for garnish, sliced and sauteed

Reminder: Canned and/or frozen foods such as beans, vegetables or fruit should be void of added animal fats (e.g., lard), sodium, potassium, phosphorus, or sugar.

## Directions

1. In a large pot, heat oil over medium heat. Add diced onion and celery and cook until the onions turn translucent and start to brown.
2. Cook garlic and mushrooms until mushrooms begin to brown.
3. Stir in rice and cook for 1 minute. (Note: the rice should be well mixed with the mushrooms).
4. Pour in vegetable stock, cover and simmer for 20-25 minutes, until the liquid is absorbed.
5. Remove pot from heat and leave the rice covered while you sauté the button mushrooms.
6. Serve the black rice with a few slices of sauteed mushrooms on top.

Disclaimer: Please be advised that some of these foods may contain wheat/gluten, milk, eggs, peanuts, tree nuts, fish, shellfish, soy or other foods that may cause allergic reactions in some people. Please contact your healthcare provider if you are concerned about food allergies or other food-related reactions such as food sensitivities.