



Winter Squash Risotto

Ingredients



5 cups chicken or vegetable broth
2 tbsp. extra-virgin olive oil
3 medium shallots, thinly sliced
3 cups butternut squash (peeled/cubed)
2 cups fresh mushrooms, thinly sliced

½ tsp. dried thyme
1 cup arborio rice
½ cup dry white wine, dry vermouth, or
de-alcoholized wine
½ finely grated Parmegiano cheese

Makes 4 servings

Preparation

1. Place broth in a medium saucepan; bring to a simmer over medium-high heat. Reduce heat so the broth remains steaming, but is not simmering
2. Meanwhile, heat oil in a large saucepan over medium heat, Add shallots; cook until fragrant, stirring often for about 1 minute. Add squash and mushrooms; cook, stirring often, until the mushrooms give off their liquid, about 5 minutes. Add thyme, salt and pepper, cook for 30 seconds. Add rice; stir until translucent, about 1 minute. Add wine(or vermouth) and cook, stirring, until almost absorbed by the rice, about 1 minute.
3. Stir in ½ cup of the hot broth; reduce heat to a gentle simmer and cook, stirring constantly, until the liquid has been absorbed. Continue adding the broth ½ cup at a time, stirring after each addition until all the liquid has been absorbed, until the rice is tender and creamy, 30 to 40 minutes total. (You may have some broth left.)
4. Remove from the heat and stir in the cheese. Serve.