



Mushroom risotto style rice & grains  
RECIPE

## Mushroom risotto style rice & grains



**COOK TIME**            5 min  
**PREP TIME**            15 min  
**MAKES**                 3 servings

A delectable combination of mushrooms, butter and Parmesan cheese makes this recipe a creamy delight. Best of all, you can have all this flavor in just 20 minutes!

### INGREDIENTS

- 1/2 ounce dried mushrooms
- 1 cup sliced fresh mushrooms, such as button, cremini, or shiitake
- 1 clove finely chopped garlic
- 1/2 cup heavy whipping cream
- 1/4 cup freshly grated Parmesan cheese
- 2 tbsps. butter
- 1 shallot, finely chopped
- 1/3 cup dry white wine
- 1 package of SEEDS OF CHANGE™ Organic Quinoa & Brown Rice with Garlic
- 2 tbsps. chopped fresh chives

### DIRECTIONS

1. In small bowl, soak dried mushrooms in very hot water about 10 minutes or until softened.
2. Drain; pat dry.
3. Chop into 1/4-inch pieces.
4. In 10-inch nonstick skillet, melt butter over medium heat.
5. Cook and stir fresh mushrooms, shallot and garlic in butter 5 minutes or until tender.
6. Stir in wine; increase heat. Boil 2 minutes or until all liquid is slightly thickened.
7. Stir in whipping cream and SEEDS OF CHANGE™ Organic Quinoa & Brown Rice with Garlic.
8. Reduce heat. Simmer uncovered 2-3 minutes or until rice is heated through and mixture is creamy.
9. Stir in cheese. Divide among 3 bowls; sprinkle with chives.

## NUTRITION INFO

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<b>Column 1</b>	<b>Column 2</b>
Servings	3
Calories (per serving)	420
Total Fat	25g
Saturated Fat	15g
Trans Fat	0g
Total Fat % DV	38%
Saturated Fat % DV	75%
Trans Fat % DV	0%
Cholesterol	N/A
Cholesterol % DV	N/A
Sodium	390mg
Sodium % DV	16%
Total Carbohydrate	35g
Dietary Fiber	3g
Sugars	2g
Total Carbohydrates % DV	12%
Dietary Fiber % DV	12%
Protein	9g

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### **Salmon rice chowder**

Cook time

40 min

Prep time

5 min



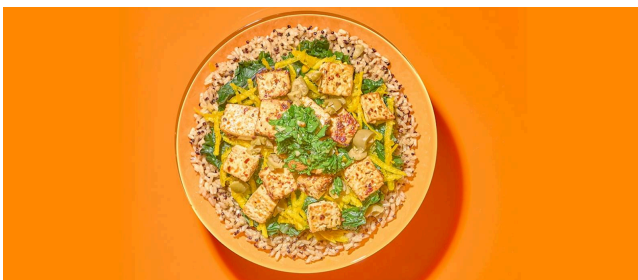
### **Roasted brussels sprouts with whole grains and fruit**

Cook time

20 min

Prep time

10 min



### **Moroccan buddha bowl**

Cook time

25 min

Prep time

15 min



## **Mushroom & quinoa stuffed pumpkins**

Cook time

35 min

Prep time

10 min

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**Source URL:**

*<https://www.seedsofchange.com/recipes/mushroom-risotto-style-rice-and-grains>*