

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! SHARE

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- #1a5632; } Facebook (opens in new window)
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### **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

#### THIS RECIPE FEATURES:



SEEDS OF CHANGE™ Certified Organic Quinoa & Brown Rice with Garlic Pouch 8.5 oz

#### **SEE DETAILS**

Buy now

### **DIRECTIONS**

1. 1.

In small bowl, soak dried mushrooms in very hot water about 10 minutes or until softened.

2. 2.

Drain; pat dry.

3. 3.

Chop into 1/4-inch pieces.

4.4

In 10-inch nonstick skillet, melt butter over medium heat.

5. 5.

Cook and stir fresh mushrooms, shallot and garlic in butter 5 minutes or until tender.

6. 6.

Stir in wine; increase heat. Boil 2 minutes or until all liquid is slightly thickened.

7. 7

Stir in whipping cream and SEEDS OF CHANGE $^{\text{\tiny M}}$  Organic Quinoa & Brown Rice with Garlic.

- 8. 8. Reduce heat. Simmer uncovered 2–3 minutes or until rice is heated through and mixture is creamy.
- 9. 9. Stir in cheese. Divide among 3 bowls; sprinkle with chives.





#### **NUTRITION INFO**

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Column 1	Column 2
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

Column 1	Column 2
Sodium % DV	16%
Total Carbohydrate	35g
Dietary Fiber	3g
Sugars	2g
Total Carbohydrates % DV	12%
Dietary Fiber % DV	12%
Protein	9g

## You might also love...



## **Salmon rice chowder**

Cook time

40 min

Prep time

5 min

# SEE DETAILS



## Roasted brussels sprouts with whole grains and fruit

Cook time

20 min

Prep time

10 min

# SEE DETAILS



## **Moroccan buddha bowl**

Cook time

25 min

Prep time

15 min

**SEE DETAILS** 



## **Mushroom & quinoa stuffed pumpkins**

Cook time

35 min

Prep time

10 min

**SEE DETAILS** 

## **Source URL:**

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