

Mushroom risotto style rice & grains RECIPE

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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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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.

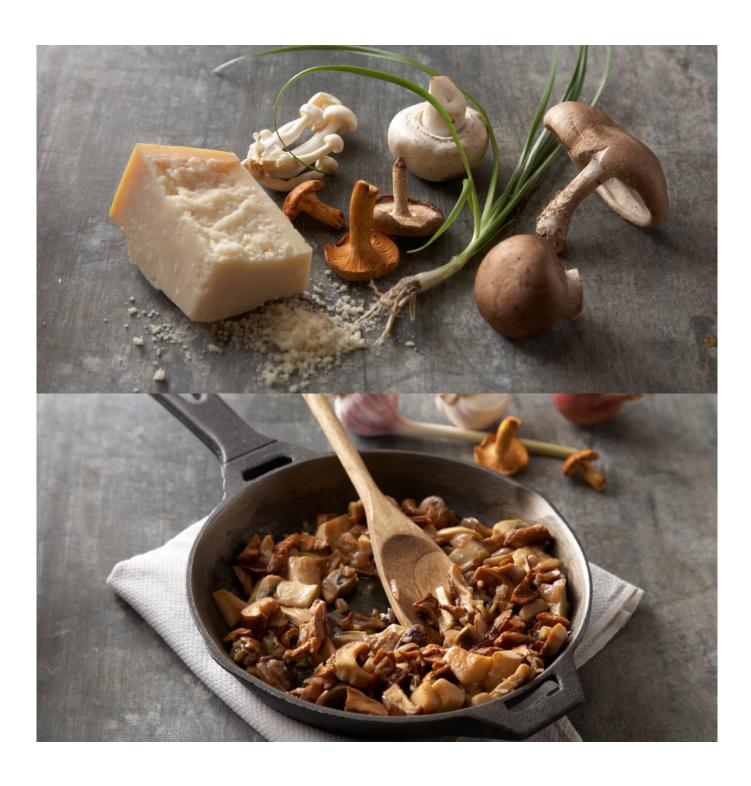
6. 6.

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

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