



BEET RISOTTO

WND #1 Main

SERVINGS: 8

PREPPING TIME: 10 MIN

COOKING TIME: 25 MIN

INGREDIENTS

2 Beet
1 tbsp of olive oil
1 onion
1/4 tsp salt
Black pepper to taste
4 cloves garlic
2 cups arborio rice
1/2 tbsp nutritional yeast
thyme to taste
1/2 cup vegetable broth

DIRECTIONS

1. Heat up oven to 200C
2. Peel and chop beets and dice.
3. Pour oil on baking sheet and bake chopped beets until tender. (25mins)
4. Chop onions and fry until translucent
5. Add garlic and fry
6. Mix in rice for a few seconds
7. Add hot stock slowly while continuously mixing until rice is al dente. (we want it maybe 3 minutes from al dente)
8. Mix the prepared rice and beets and serve.

SOURCE

wellplated.com/beet-risotto/