



Ashley's Meal Prep Monday!



Butternut Squash Risotto (Dairy/Gluten Free)

INGREDIENTS

Risotto:

- 2 cups arborio rice
- 1/4 vegan butter
- 1/2 cup yellow onion, diced
- 4 cups vegetable broth
- 2 cups butternut squash soup
- 1 cup water
- 1/4 cup vegan parmesan + more for topping

Butternut Squash:

- 2 cups cubed butternut squash
- 1-2 garlic cloves, minced
- 2 TBSP olive oil
- 1 TSP fresh thyme
- salt/pepper to taste



Preheat oven to 400 and line a baking tray with parchment paper. Add butternut squash ingredients to a large mixing bowl and stir to combine. Transfer to tray and bake for 25-30 minutes, or until cooked through. Remove and set aside.

In a medium saucepan, heat soup, broth and water on low. Heat a large pan to medium. Once hot, add butter and let melt. Add diced onion and cook for 4 minutes, or until translucent. Add rice and stir until evenly combined.

Add 1 ladle-full of hot soup mixture at a time, stirring constantly until fully absorbed. Continue to cook and stir, adding a ladle of reserved liquid each time the liquid reduces. When risotto becomes very creamy, 35ish min. stir in the vegan parmesan. Before serving top with butternut squash

Recipe: @themindfulhapa

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