



Ashley's Meal Prep Monday!



Gluten/Dairy Free Risotto

INGREDIENTS

- 2 TBSP DF butter
- 1/2 onion diced
- 3 cloves minced garlic
- 1 cup arborio rice
- 2 1/4 cups chicken broth
- 1/2 TSP dried thyme
- 1/2 TSP sea salt
- 1/4 TSP pepper
- 1/3 grated parmesan cheese
(Follow Your Heart brand is pretty good!!)
- 1 cup frozen peas, thawed
- 8 oz mushrooms, sliced

Heat your instant pot on saute mode and melt the butter. Add in onions, mushrooms and garlic and saute for 5-7 minutes.

Add in the rice and stir to coat. Add chicken broth, thyme, salt/pepper and stir well. Lock the lid and cook on high pressure for 6 minutes.

Quick release the steam and open the lid. Stir in peas and parmesan and serve with fresh chopped parsley.

*Use as a side dish or add your favorite protein! Cooked chicken, bacon, ground turkey, etc.



Recipe: maryswholelife.com

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