

# ONE BITE

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Vegan Magazine

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VEGAN COOKING' COOKBOOK



# Creamy Vegan Risotto

By Alena - Nutriciously

This healthy oil-free vegan risotto is super creamy and comforting! Using one pan for everything, you cannot mess up this dish.

## INSTRUCTIONS

1. In a large pan, sauté onions, garlic and herbs for a few minutes, adding some vegetable broth if needed. Then put in the mushrooms and leek, letting everything heat up for another 3-4 minutes.
2. Add rice and 2 cups of veggie broth into the pan as well as vinegar and the cup of soy milk. Let everything simmer for about 15-20 minutes, until liquid is soaked up, stirring occasionally.
3. Once cooked, add in the peas, nutritional yeast and lemon juice for just a few minutes. Turn off the heat and season with salt and pepper to taste. Serve warm. Decorate with fresh parsley (optional).

## INGREDIENTS

- 1 onion, chopped
- 2 cloves garlic, minced
- 3 cups white mushrooms, sliced (225g)
- 1 cup risotto rice (Arborio) (225g)
- 2-3 cups vegetable broth (480-720ml)
- 2 tbsp nutritional yeast
- 2 tbsp lemon juice
- 1 tbsp white wine vinegar
- 1 cup peas, frozen
- 1 cup of soy milk (160g)
- ½ cup leek, chopped
- 1 tsp salt
- ½ tsp black pepper
- 2 tsp Herbs de Provence



Alena —

Alena is the main recipe developer and content creator at [nutriciously.com](https://www.nutriciously.com). She loves encouraging others to follow a plant-based lifestyle. Alena is always coming up with recipes, she showcases her wide repertoire on her blog.

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