**Lots-of-Vegetables Risotto**

Garlic, mushrooms, and vegetable broth infuse this creamy vegan risotto with savory flavor, while crisp-tender carrots and peas add a dash of sweetness to round things out. Short on time? Use precooked rice and start with Step 2, adding a little water to the rice if it’s dry.

By Darshana Thacker

1. In a large saucepan bring vegetable stock to boiling. Add rice; reduce heat. Simmer 45 minutes or until rice is toasted in places but still moist.

2. Meanwhile, heat an extra-large skillet over medium-high. Add garlic; stir constantly to prevent sticking. Add mushrooms; cook 5 to 10 minutes or until the liquid released by the mushrooms is cooked off and mushrooms are browned. Transfer to the saucepan with the rice. Do not clean skillet.

3. In the same skillet combine cauliflower, carrots, peas, and ¼ cup water. Cook over medium until vegetables are crisp-tender, stirring occasionally. Transfer to the saucepan with the rice.

4. Stir milk into the saucepan and season with salt and pepper. Cook 10 minutes more or until risotto is creamy. Serve warm.