Makes 6 cups
Preparation Time: 20 minutes
Ready In: 1 hour

INGREDIENTS:

3 cups vegetable stock

1½ cups dry brown rice, rinsed and drained

6 cloves garlic, minced

2 cups thinly sliced fresh mushrooms

1 cup ½-inch cauliflower florets

1 cup thinly sliced carrots

1 cup fresh or frozen peas

1 cup unsweetened, unflavored plant milk, such as almond, soy, cashew, or rice

Sea salt and freshly ground black pepper, to taste

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.