

Steel Cut Oat Risotto – Vegan

Quilt and Café

August 18, 2021

Ingredients

8 oz. sliced mushrooms
1 medium onion, diced
2 cloves garlic, minced
1 1/4 cups steel cut oats
1 quart vegetable stock plus 2 cups of water
1 cup frozen peas
1/4 cup nutritional yeast
Olive Oil
Salt and Pepper

Method

Swirl some olive oil into a frying pan and sauté the mushrooms over medium heat, turning to brown evenly. Combine the vegetable stock and water in a sauce pan and bring it to slow boil and turn it down to a simmer. In a Dutch oven, swirl about 2 Tbsp. of olive oil and turn the heat to medium. Sauté the onions until almost soft, add the garlic and stir to combine. There should be about a tablespoon of oil in the pan with the onions and garlic, if there isn't, add some additional oil and stir. Add the oats in with the onions and stir to combine. Keep stirring to coat the oats in the oil for about 3 minutes. One ladle at a time, spoon in some stock into the oats. Stir and combine until the stock is absorbed. Keep up this process until there is half of the stock left to combine. Add in the frozen peas and stir. Continue with the process of adding in stock and cooking it down before adding the next ladle. Before all the stock is incorporated into the oats, add in salt and pepper to taste. Add in the sautéed mushrooms and stir to combine. Add in the last ladle of stock along with the nutritional yeast and cook until the stock is fully absorbed into the oats. Taste for seasoning and adjust if needed. Enjoy!

Serves 4 as a main dish.