



Sara Galipeau

Registered Holistic Nutritionist
Ottawa, Ontario

December 2012

Chili Mushroom Risotto

First of all, this dish isn't a true "risotto" in terms of cooking method. For lack of a better name, I'm calling it a risotto for its creamy texture.

Second, this dish was born on a night when we couldn't be bothered to go out for groceries, so I used what I had on hand – as I so often do – to make something nutritious and tasty for dinner, and the result is a simple and indeed tasty dish that I had to add to my repertoire of recipes.

Loaded with B vitamins, iron, protein, and fibre, this faux-risotto is satisfying and hearty, with the flavours of mushrooms, chili spices, and the cheesy zest of nutritional yeast (a great non-animal source of vitamin B12 and protein). It can be eaten on its own as a one-bowl meal, alongside chicken or tempeh and steamed green vegetables, or as a filling with avocado or guacamole for a dinner wrap. Makes 3 "main"-sized or 6 "side"-sized servings. Prep & cook time: about 25 minutes (time-saving tip: cut up the vegetables after starting to cook the rice).

Ingredients

- 1 cup dry organic long-grain brown rice, rinsed
- 2 cups water
- 1 organic vegan vegetable bouillon cube
- 1 Tbsp. chili powder
- ¼ tsp. paprika
- ¼ tsp. cayenne (or less if you prefer it mild)
- ½ tsp. cumin
- ½ tsp. garlic powder
- ½ tsp. sea salt
- Pinch black pepper
- 1 cup canned organic black beans, drained & rinsed
- 1 Tbsp. organic coconut oil, ghee, or unsalted butter
- 5-6 good-sized cremini mushrooms, sliced
- 1 shallot, sliced
- 2 large handfuls organic baby spinach
- ½ cup organic medium (or mild) chunky salsa
- 4 Tbsp. nutritional yeast

Directions

- In a medium pot, combine the rice, water, and spices. Bring to a boil, reduce heat to low, and let simmer, stirring occasionally.
- When rice is close to done (the rice starting to thicken, but before all water is absorbed), add the black beans and continue to heat on low until water is fully absorbed.* Remove from heat and set aside.
- While rice is cooking, heat the oil/butter in a skillet (for a little extra iron in your food, use a cast-iron skillet), and add the mushrooms and shallot. Sauté until the shallots start to become translucent. Add one handful of spinach, let wilt, then add the second handful.
- When the spinach has all wilted, pour in the salsa. (*Note: the beans could also be added to the skillet here instead of the rice pot.)
- Stir until well distributed, then once the rice has finished cooking, pour the vegetable mixture into the pot with the rice.
- Add the nutritional yeast and stir well to combine. If you prefer more heat, add more cayenne to taste, use hot salsa, or add jalapeño to the vegetables during cooking.

Serve.