



Vegan Creamy Garlic Mushroom Risotto

Description

This Vegan Creamy Garlic Mushroom Risotto is a rich, comforting dish that brings together creamy coconut milk, earthy mushrooms, and savory garlic for an indulgent yet plant-based twist on a classic Italian favorite. Perfect for a cozy dinner, it's both creamy and satisfying, without any dairy or cheese. Each bite is full of flavor and sure to impress even the pickiest eaters!

Ingredients:

- 1 ½ cups Arborio rice
- 2 tablespoons vegan butter
- 2 cups cremini mushrooms, sliced
- 3 cloves garlic, minced
- 4 cups vegetable broth (preferably low-sodium)
- 1 cup full-fat coconut milk
- ½ cup dry white wine (optional)
- 2 tablespoons nutritional yeast (for a cheesy flavor)
- 1 tablespoon fresh thyme (or 1 teaspoon dried thyme)
- 1 tablespoon lemon zest (optional)

- Salt and pepper to taste
- Fresh parsley, chopped (for garnish)

Instructions:

1. **Prepare the Broth:** In a medium saucepan, warm the vegetable broth over low heat. This will be used to cook the rice, so keep it hot while you cook the risotto.
2. **Sauté the Mushrooms and Garlic:** In a large pan or skillet, melt the vegan butter over medium heat. Add the sliced mushrooms and sauté until they release their moisture and become golden brown, about 6-8 minutes. Add the minced garlic and sauté for another 1-2 minutes until fragrant.
3. **Toast the Rice:** Add the Arborio rice to the pan with the mushrooms and garlic. Stir the rice for about 2 minutes until it's lightly toasted and coated in the butter.
4. **Deglaze with Wine (Optional):** If using, pour in the white wine and let it cook off for about 1-2 minutes, stirring constantly until the wine is absorbed.
5. **Cook the Risotto:** Begin adding the hot vegetable broth to the rice, ½ cup at a time. Stir frequently, allowing the rice to absorb the liquid before adding more broth. Continue adding broth and stirring until the rice is tender but still slightly firm in the center, about 18-20 minutes. You may not use all the broth, so keep an eye on the consistency of the rice.
6. **Finish with Coconut Milk and Seasoning:** Once the rice is cooked, stir in the coconut milk, nutritional yeast, and fresh thyme. Let the risotto simmer for an additional 2-3 minutes until everything is creamy and well combined. Season with salt and pepper to taste.

7. **Serve:** Remove from heat and garnish with chopped fresh parsley and optional lemon zest. Serve immediately for the best creamy texture.