# DietCloud – Recipe

**Recipe Name:** Creamy Mixed Vegetable Risotto Recipe
**Diet Type:** Vegetarian
**Course:** Dinner
**Cuisine:** Italian Recipes
**Quantity:**



## Ingredients

| Ingredient | Quantity |
|---|---|
| • 1 cup Arborio rice | 3 |
| • 2 tablespoons Butter | |
| • 1/4 cup Onions - finely chopped | |
| • 4 cloves Garlic - finely minced | |
| • 1 liter Vegetable stock | |
| • 1/2 cup Red Yellow and Green Bell Peppers (Capsicum) - finely chopped | |
| • 8 Button mushrooms - chopped | |
| • 3 tablespoons Fresh cream | |
| • 3/4 cup Cheese - processed and grated | |
| • Salt - to taste | |
| • Black pepper powder - to taste | |
| • Dried oregano - powder | |

## Preparation

• To begin making the Creamy Mixed Vegetable Risotto recipe, into a pre heated heavy bottomed pan, add a teaspoon of butter.
• To it add chopped onions and minced garlic.
• Salute for about 3 to 5 minutes.
• Once the onions have become soft add rice to it and mix.
• Add some vegetable broth to it and bring it to boil.
• Once they start boiling, reduce the heat and simmer till broth is completely absorbed.
• Add the remaining stock and simmer until the rice is completely cooked and all the stock is absorbed.
• If the stock dries up before the rice is cooked add little warm water.

• In another pan, take a teaspoon of butter.

- Throw in chopped coloured capsicums and mushroom.
- Add a pinch of salt and pepper.

- I prefer to cook veggies on low flame so that they get nice crispiness and some nice grilled texture.
- Once the rice is cooked stir in grated cheese, cream and mix till everything combines well.

## Macronutrients

| Calories (kcal) | Protein (g) | Carbs (g) | Fat (g) | Fiber (g) | Sugar (g) |
|---|---|---|---|---|---|