



## broccoli cauliflower risotto;

1. (brah-koh-lee kaul-ee-flow-urr ree-zoh-toh) *noun*. Healthy riced cauliflower and broccoli mixed with cheesy risotto.
2. Produces 6 Servings.
3. Preparation 1 hour 25 mins.
4. Oven temperature set to --.

### Ingredients;

4-5 c. vegetable/chicken broth	3 Tbsp. butter
1 onion	1 clove garlic
2 c. riced cauliflower	1½ c. riced broccoli
1 c. arborio rice	½ c. grated sharp cheddar cheese
salt & pepper	¼ tsp. red pepper flakes
½ tbsp. dijon mustard	¼ c. white wine

### Instructions;

1. In a medium pot, bring the vegetable/chicken broth to a boil with the mustard. Meanwhile rice vegetables and chop onion.
2. Add 2 Tbsp. butter to a dutch oven. Melt over medium-high heat. Add the onion and cook until translucent approx. 3 mins.
3. Add garlic and cook until fragrant. Then add in rice and cook for several minutes until beginning to be translucent.
4. Add white wine and stir to get up all the bits on the bottom from the pan.
5. Add broth by the ladle-full, stirring until most of the liquid is gone before adding the next. When you only have 1-2 ladles left, add the broccoli and cauliflower.
6. Once all the liquid has been absorbed and you've cooked to desired texture, remove from heat. Stir in cheese and last Tbsp. butter.