

# Caprese Tomato Risotto

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## **Servings: 6**

*7 cups chicken or vegetable stock  
2 tablespoons extra virgin olive oil  
1/2 cup onion, minced  
4 cloves garlic, minced  
1 can (15 ounce) petite diced tomatoes  
pinch sugar  
1 1/2 cups Arborio rice  
3/4 cup dry vermouth or dry white wine  
1 cup cherry tomatoes, halved  
1/3 cup thinly sliced fresh basil  
8 ounces mozzarella pearls  
1/2 cup freshly grated Parmesan cheese  
salt (to taste)  
pepper (to taste)*

## **Preparation Time: 15 minutes**

## **Cook Time: 35 minutes**

Bring the broth to a simmer over low heat and keep warm with a ladle nearby.

Heat the olive oil in a large Dutch oven over medium-high heat. Add the onion and a large pinch of salt. Cook until softened, about 5 minutes. Add the rice and garlic. Cook for 5 minutes. Stir in the tomatoes and sugar.

Add the vermouth and stir until it evaporates. Begin adding the simmering stock, a ladleful at a time. Cook, stirring often, until it is absorbed. Add another ladleful or two of stock and repeat this process until the rice is tender, about 20 to 25 minutes.

Remove from the heat and stir in the cherry tomatoes, basil, mozzarella and parmesan. Season with salt and pepper to taste.

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Per Serving (excluding unknown items): 222 Calories; 5g Fat (19.1% calories from fat); 4g Protein; 40g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 11mg Sodium. Exchanges: 2 1/2 Grain(Starch); 1/2 Vegetable; 1 Fat.