

Risotto Perfetto

Unitarian Universalist Fellowship of Vero Beach, FL 2000

*canola oil
1 1/2 cups diced onion
2 tablespoons minced garlic
(or more to taste)
salt (to taste)
pepper (to taste)
1 pound arborio OR
Valencia rice
1/2 cup white wine
32 ounces (or more) hot
vegetable stock*

In a medium saucepan coated with oil, sweat the onion and garlic over medium heat. Season with salt and pepper to taste.

Add the rice. Saute' for about 3 minutes. Add the wine, while stirring, until the rice completely absorbs it.

Slowly add the hot stock, one ladle at a time, constantly stirring until absorbed. Repeat this step until the rice is a creamy mixture.

Do not "flood" the rice with large ladles of broth or the rice will become mushy or starchy and will stick together.

Per Serving (excluding unknown items): 171 Calories; trace Fat (3.3% calories from fat); 3g Protein; 22g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 13mg Sodium. Exchanges: 3 1/2 Vegetable.