

Serves 8 • Serving size: ½ cup



PREP: 5 minutes
COOK: 13 minutes
(tested in 900 watt microwave)

date
me

Tupperware®

Mushroom RISOTTO

- 1 cup Arborio rice
- 2¼ cups vegetable stock or water*
- 8 oz./225 g fresh mushrooms, sliced
- 1 small onion, peeled, halved and chopped using Chop 'N Prep Chef
- 1 tsp. coarse kosher salt
- 1 tbsp. extra virgin olive oil
- ½ cup Parmesan cheese

1. Rinse Arborio rice in strainer until water runs clear, about 30–60 seconds.
2. Pour rice into Microwave Pressure Cooker base and add vegetable stock, mushrooms, onion, salt and oil.
3. Seal and microwave on 70% power 13 minutes. Remove from microwave and allow pressure to release naturally until red pressure indicator fully lowers, about 4–6 minutes, before opening.
4. Remove cover and stir in Parmesan cheese.

**Traditionally, risotto is cooked with white wine. If desired, substitute ½ cup of the water or vegetable stock with white wine.*

Nutritional Information (per serving):

Calories: 170 Total Fat: 4.5g Saturated Fat: 2g Cholesterol: 5mg Carbohydrate: 25g Sugar: 2g Fiber: 1g Protein: 7g Sodium: 390mg Vitamin A: 0% Vitamin C: 2% Calcium: 8% Iron: 2%

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