

PLANT BASED FARRO RISOTTO

INGREDIENTS

1 cup farro
½ cup dry white wine
4 cups vegetable broth
1 tbsp nutritional yeast
salt, pepper: to taste
1 tsp saffron
½ onion, minced
1 cup red-veined sorrel or spinach
1 cup mushrooms
1 tbsp corn starch

DIRECTIONS

1. Soak farro in cold water to cover for 20-30 minutes. Drain and then submerge in cold broth and bring to a boil. Reduce heat to a low simmer and cover, cook until tender (15-20 minutes). Drain farro over a bowl to reserve broth.
2. Sweat onion, mushrooms, and saffron over medium heat with small amount of broth. When translucent (~5min), add white wine and cook until wine has fully evaporated (~5min).
3. Add farro and toast for another 2-3 minutes, occasionally stirring. When fragrant and fully heated through, fold in nutritional yeast and enough broth to make creamy.
4. Thicken remaining broth with corn starch, arrowroot, or tapioca.

