

# Italian Beef Risotto

Yield: 4 min  
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-beef-risotto-recipe>

## Ingredients:

- 2 1/2 cups arborio rice or any other Risotto rice
- 1 1/2 pounds beef
- stew meat
- 1/4 cup unsalted butter
- onion 1 med., chopped
- 1 clove garlic minced
- 1 tablespoon basil minced
- 1 tablespoon marjoram minced
- 1 tablespoon oregano minced
- 1 tablespoon rosemary minced
- 1 tablespoon thyme minced
- 1 cup dry white wine
- 6 cups beef broth
- salt
- freshly ground pepper

## Nutrition:

1. Calories: 1010 calories
2. Carbohydrate: 105 grams
3. Cholesterol: 145 milligrams
4. Fat: 38 grams
5. Fiber: 5 grams
6. Protein: 45 grams
7. SaturatedFat: 18 grams
8. Sodium: 1490 milligrams
9. Sugar: 1 grams
10. TransFat: 1.5 grams

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