

# Chicken Mushroom Risotto

Yield: 4 min  
Total Time: 40 min

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

## Ingredients:

- 3 tablespoons olive oil
- 2 garlic cloves minced
- 1 small onion diced
- 1/2 cup carrots diced
- sea salt to taste
- 1 cup arborio rice
- 1/2 cup white wine optional
- 1/2 teaspoon dried thyme
- 3 cups chicken broth I used homemade broth
- 6 ounces mushrooms sliced
- 8 ounces frozen brussels sprouts
- 1 cup chicken shredded, cooked
- 1/4 cup fresh parsley chopped
- 1/2 cup grated Parmesan cheese freshly
- freshly ground black pepper

## Nutrition:

1. Calories: 520 calories
2. Carbohydrate: 53 grams
3. Cholesterol: 55 milligrams
4. Fat: 20 grams
5. Fiber: 3 grams
6. Protein: 28 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 570 milligrams
9. Sugar: 2 grams

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