

Mushroom and Leek Risotto

Yield: 6 min
Total Time: 50 min

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

Ingredients:

- 1/2 ounce dried mushrooms optional
- 2 tablespoons unsalted butter
- 1 leek large, washed thoroughly and sliced
- 1/2 shallot or 1/4 small red onion, finely diced
- 2 cups fresh mushrooms roughly chopped
- 2 tablespoons fresh thyme leaves
- ground black pepper
- salt
- 2 cups white arborio rice
- 1/2 cup dry white wine or cream sherry
- 5 cups liquid such as chicken broth, beef broth, the water used to steep dried mushrooms
- Parmesan cheese to serve

Nutrition:

1. Calories: 330 calories
2. Carbohydrate: 60 grams
3. Cholesterol: 10 milligrams
4. Fat: 5 grams
5. Fiber: 3 grams
6. Protein: 7 grams
7. SaturatedFat: 3 grams
8. Sodium: 190 milligrams
9. Sugar: 2 grams

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