

Artichoke Freekeh Risotto

Yield: 4 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/lebanese-freekeh-recipe-with-meat>

Ingredients:

- 1 1/2 cups freekeh cracked not whole
- 4 1/2 cups chicken stock
- 3 tablespoons olive oil
- 1/2 onion peeled and diced
- 1/2 cup diced bacon
- 3 cloves garlic peeled and minced
- 1/4 cup dry white wine
- 2 cups artichokes sliced
- 1 teaspoon fresh thyme minced
- 2 tablespoons flat leaf parsley minced
- 1 lemon unsprayed or organic
- 3/4 cup grated Parmesan cheese

Nutrition:

1. Calories: 670 calories
2. Carbohydrate: 76 grams
3. Cholesterol: 40 milligrams
4. Fat: 29 grams
5. Fiber: 15 grams
6. Protein: 32 grams
7. SaturatedFat: 8 grams
8. Sodium: 930 milligrams
9. Sugar: 7 grams

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