

Mushroom Paella

Yield: 7 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-living-paella-recipe>

Ingredients:

- 1 1/2 pounds cremini mushrooms or button, baby bella, or a mix of both, stemmed and left whole or quartered, depending on size
- 1 ounce dried porcini mushrooms reconstituted and drained, optional
- 3 tablespoons olive oil divided
- 1 tablespoon fresh parsley chopped, plus more for garnishing
- 1 red bell pepper cored, seeded, and julienned
- 1 teaspoon sea salt plus more to taste
- 1 red onion medium, julienned, about 2 cups
- 4 cloves garlic minced
- 2 teaspoons smoked paprika depending on desired smokiness
- 14 ounces diced tomatoes undrained
- 14 ounces artichoke hearts drained and quartered
- 2 cups arborio rice uncooked
- 4 cups low sodium vegetable broth
- 1 cup filtered water
- 1 teaspoon saffron threads optional but recommended
- 2 lemons halved, for spritzing

Nutrition:

1. Calories: 360 calories
2. Carbohydrate: 70 grams
3. Fat: 7 grams
4. Fiber: 12 grams
5. Protein: 10 grams
6. SaturatedFat: 1 grams
7. Sodium: 470 milligrams
8. Sugar: 7 grams

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