Blue Zones Project®

# Vegan Spring Risotto

*From the kitchen of:*
Blue Zones Project®

Instant Pot Recipe by:
Pass the Plants

## Ingredients:

2 c arborio rice
1 tsp olive oil
1 onion, diced
8 oz crimini mushrooms, sliced and stemmed
4 c vegetable broth
15 oz can chickpeas, drained
1 bunch asparagus, tough ends removed & sliced into 2-in pieces
pepper to taste
Opt: 1/4 c cashew cream

## Directions:

1. Set Pot to saute function. Add 2 tbsp of water to cooking insert and add the asparagus.
2. Cook asparagus for 2-3 minutes until bright green. Remove to a bowl of ice water to stop the cooking.
3. Add oil and onions. Cook onions for 3-5 minutes until becoming translucent. Add mushrooms and cook until they start to brown and most of the liquid has cooked out. Add the rice and stir for 1-2 minutes until rice has started to release a bit of starch and get toasted. Add vegetable broth and chickpeas, stir to combine.
4. Lock the lid and set to manual high pressure for 5 minutes, making sure valve is set to sealing.
5. When time is done, release the pressure with the quick release valve until pressure indicator goes down.
6. Stir risotto, adding in savory cashew cream is using.
7. Drain asparagus and add to risotto, stir to combine and heat through. Serve immediately and enjoy!

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