

# Vegan Butternut Squash Risotto\*

A creamy and comforting vegan risotto made with roasted butternut squash, Arborio rice, and a blend of aromatic herbs and spices.

**PREP TIME:** 15 minutes

**TOTAL TIME:** 1 hour

**COOK TIME:** 45 minutes

1 1/2 C Arborio Rice

1 lg Butternut Squash (peeled, seeded, and diced)

1 lg Onion (diced)

3 cloves Garlic (minced)

4 C Vegetable Broth

1 C White Wine (optional)

2 T Olive Oil

1 † Dried Thyme

1 † Dried Sage

Salt and Pepper to taste

1 T Sweet Potato tea (ground)

1/4 C Nutritional Yeast (optional, for a cheesy flavor)

**PREPARE THE SQUASH:** Preheat the oven to 400°F. Toss the diced butternut squash with 1 T olive oil, salt, and pepper. Spread on a baking sheet and roast for 25-30 minutes, until tender.

**PREPARE THE RISOTTO:** In a large pot, heat the remaining olive oil over medium heat. Add the onion and garlic, sautéing until translucent.

**ADD THE RICE:** Stir in the Arborio rice, cooking for 1-2 minutes until lightly toasted.

**ADD THE LIQUID:** Gradually add the white wine (if using) and vegetable broth, one cup at a time, stirring frequently until the liquid is absorbed before adding more.

**ADD THE SQUASH AND SEASONING:** Once the rice is creamy and tender, stir in the roasted butternut squash, dried thyme, dried sage, ground Sweet Potato tea, and nutritional yeast (if using). Season with salt and pepper to taste.

**SERVE:** Serve the risotto hot, garnished with fresh herbs if desired.

**NOTE:** This vegan butternut squash risotto can be stored in the refrigerator for up to 5 days or frozen for up to 3 months.