



## Beef and Butternut Squash Risotto

This recipe was a happy accident. I was able to turn traditional butternut squash risotto into a high protein, complete meal with lots of leftovers to reheat later. Earlier in the day I made beef bone broth in my Instapot using soup and neck bones from a local cow share. After pressure cooking for two hours, I was surprised to pick almost two pounds of meat off the bones to add to this recipe. You may need to pressure cook or braise your own beef if your bones aren't meaty, or make your bone broth with intentionally meaty bones.

Serves 8

### Ingredients:

1 medium butternut squash diced into ½" cubes  
2T avocado oil  
2T unsalted butter  
1 medium red onion, diced  
3 garlic cloves, minced  
½ cup cognac or dry white wine  
1 ½ cups arborio rice  
5-6 cups beef bone broth  
1-2 lbs pressure cooked or braised beef  
¼ cup chopped Italian parsley  
¼ cup parmesan  
2 tsp salt  
1 tsp white or black pepper  
Optional: 10-20 whole sage leaves and 1 cup peanut or avocado oil to flash fry sage

### Method:

- In a very large heavy bottom saucepan or dutch oven, heat 1T avocado oil on medium high. Add squash and ½ tsp salt and cook until it starts to brown and soften. Remove to a bowl.
- Meanwhile, heat beef stock to a low simmer in an adjacent pot and have a soup ladle ready.



- Heat 1T avocado oil and 2T butter in the pan and saute onion and ½ tsp salt until translucent. Add garlic and cook another minute.
- Add arborio rice to pan and toast with the onion and garlic until the rice edges look translucent. Deglaze the onion-garlic-rice mixture with cognac or wine, scraping up all the lovely browned bits.
- Start ladling stock into rice mixture ½-1 cup at a time and keep it at a low simmer. Stir frequently. Add more stock as each addition is absorbed.
- When only 1-2 cups of stock are left and rice is al dente (not mushy), add braised beef, squash, parsley, parmesan, remaining 1 tsp salt and pepper. Add remaining stock if needed and combine well. If squash is undercooked from the first step, turn heat to low and cover the pan until it has a chance to cook through, 5-10 more minutes.
- Heat frying oil in a small pan until shimmering. Drop sage leaves in and fry until barely browning on edges. Remove to a paper towel and sprinkle with salt.
- Serve into pasta bowls and top with fried sage leaves.