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Recipes**

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# Winter Vegetable Risotto

## INGREDIENTS

3 ½ - 4 cups vegetable broth (warmed on the stovetop // store-bought)

1 cup squash, cubed

1 bunch kale, shredded

¼ cup shallots, sliced

1 cup asparagus, sliced on the bias

2 tbsp water (or oil), divided

¼ tsp each, sea salt and black pepper

¾ cup thinly sliced shallot

1 cup arborio rice

¼ cup grated parmesan cheese (plus more for serving)

## DIRECTIONS

1. Heat a large skillet over medium. Once hot, add oil, shallots, asparagus and the squash. Season with salt and pepper and sauté until just tender and slightly browned, about 3-4 minutes. Remove from the pan and set aside.
2. In the same pan, add olive oil and arborio rice and stir for one minute, until toasted.
3. Once browned, using a ladle or a measuring cup, pour vegetable broth ½ cup (120 ml) at a time, stirring almost constantly until absorbed.
4. Once the risotto is cooked through and al dente, remove from heat. Add kale, followed by your vegetable medley and stir until combined.
5. Top with freshly grated parmesan cheese and serve.