

from Laura's Recipe book...

## Risotto primavera (mixed veggies risotto)

### Ingredients for 6/8 servings

- 8 cups chicken broth
- 3 tablespoons olive oil
- 1 medium yellow onion chopped
- 3 cups of mixed veggies chopped  
(zucchini, eggplants, carrots, whatever is in season)
- Salt and pepper
- 2 cups Arborio or Carnaroli rice
- 1/2 cup dry white wine for risotto  
(optional)
- 1/2 cup fresh parmigiano cheese, grated
- 1/2 cup Heavy Cream (optional)

### Directions

Heat the chicken broth in a medium saucepan and keep warm over low heat.

Heat the oil in a large skillet over medium heat. Add onion cook, stirring, until translucent, about 5 minutes. Add veggies. Saute' for 5 to 10 minutes until lightly softened.

Add the rice and stir quickly until it is well-coated and opaque, 1 minute. This step cooks the starchy coating and prevents the grains from sticking. Now, with a ladle, add 1 cup of the warm broth and cook, stirring, until the rice has absorbed the liquid. Add the remaining broth, 1 cup at a time. Continue to cook and stir, allowing the rice to absorb each addition of broth before adding more. The risotto should be slightly firm and creamy, not mushy. (about 15 minutes). Stir in parmigiano cheese, (and optionally heavy cream) cook briefly until melted. Serve immediately, the more it stands on the pan the more it will be mushy. Enjoy!