



Makes 8 cups
Preparation Time: 1 hour

INGREDIENTS:

- 3 cups low-sodium vegetable broth
- 4 cups halved or coarsely chopped mixed fresh mushrooms (cremini, shiitake, oyster, and/or chanterelle)
- 1 cup chopped onion
- 2 tablespoons minced garlic
- ¼ cup dry white wine or low-sodium vegetable broth
- 2 cups short grain brown rice
- 1 lb. fresh asparagus, trimmed and cut into 1-inch pieces
- 1 tablespoon lemon juice
- 1 tablespoon chopped fresh dill
- ½ teaspoon sea salt
- ½ teaspoon freshly ground black pepper
- 1 to 2 tablespoons nutritional yeast (optional)
- Lemon wedges

Wild Mushroom and Asparagus Risotto

Umami-rich mushrooms and earthy **asparagus** are the dream team when it comes to risotto. Here, we combine these two powerhouse veggies with fragrant garlic, bright lemon juice, and herbaceous dill to create rich flavor in this classic Italian rice dish. Wholesome, fiber-rich brown rice replaces traditional Arborio and soaks up a savory combination of veggie stock and white wine until every grain becomes deliciously tender. The end result is a skillet full of creamy, veggie-packed rice that will satisfy your belly and soothe your soul. Add a sprinkling of cheesy **nutritional yeast** for the perfect finishing touch, and then dig in!

Tip: You can save veggie scraps to make your own broth. In an airtight container in your freezer, collect scraps from fresh mushrooms, onions, carrots, celery, potatoes, red and yellow peppers, tomatoes, squash, and herbs. Once you have 8 cups of scraps, place them in a large pot, cover with water, and simmer for 2 hours or until broth is flavorful. Strain and refrigerate or freeze broth.

For more inspiration, check out these tasty ideas:

- [Lots-of-Vegetables Risotto](#)
- [Butternut Squash Risotto](#)
- [Herbed Vegan Risotto with Zoodles](#)
- Or take a look at our full [collection of vegan risotto recipes](#)

By Nancy Macklin, RDN

- 1** In a medium saucepan combine broth and 3 cups water. Bring to boiling; reduce heat to keep warm.
- 2** In a 4- to 5-quart Dutch oven cook mushrooms, onion, and garlic over medium 5 to 6 minutes, stirring occasionally and adding some of the hot broth, 1 to 2 tablespoons at a time, as needed to prevent sticking. Add wine; cook 1 to 2 minutes or until wine has evaporated. Add rice; cook 1 to 2 minutes or until rice starts to smell nutty.
- 3** Add ½ cup hot broth to rice mixture; stir frequently until all the broth has been absorbed. As broth is nearly absorbed, continue adding broth in ½-cup increments until rice is nearly tender, about 45 minutes. Add asparagus; cook 3 to 5 minutes more or until rice and asparagus are tender.
- 4** Stir in lemon juice, dill, salt, and pepper. Sprinkle with nutritional yeast (if using) and serve with lemon wedges.