

## Easy Instant Pot Risotto

1 onion, diced

3-4 garlic cloves, minced

8 oz sliced mushrooms (portabellas work great)

5 cups veggie broth

2 cups arborio rice

$\frac{3}{4}$  tsp thyme

1 cup peas (canned, or frozen)

$\frac{1}{4}$  cup plant-based parmesan cheese (see below)

2-3 handfuls of chopped spinach (optional)

Combine the onion, garlic, and  $\frac{1}{4}$  cup of the broth in an Instant Pot; cook on the SAUTE setting for a few minutes, then add the mushrooms and stir until they're tender. Add the broth, rice, and thyme. Select the High-Pressure setting and cook for 6 minutes, after which time do a 'quick release' of the pressure. Stir in the peas, plant-based parmesan, and spinach (if using). Add salt/pepper to taste if desired.

### **Plant-Based Parmesan:**

$\frac{1}{2}$  cup cashews,  $\frac{1}{4}$  cup nutritional yeast, salt (or salt-free seasoning) to taste. Pulse all in a blender until powdery. Use caution not to over blend or it will be 'pasty.'

You can also try garlic powder or other spices if desired.

For a lower fat version, switch out the  $\frac{1}{2}$  cup cashews for  $\frac{1}{4}$  cup cashews and  $\frac{1}{4}$  cup rolled oats. OR, you can use all rolled oats instead of the cashews.