

Savory Mushroom and Herb Steel Cut Oat Risotto

Yield: 4 servings

Ingredients:

- 5-1/2 cups of chicken bone broth
- 2 tablespoons unsalted grass-fed butter
- 1 leek (white and light green part only), halved lengthwise then cut crosswise into thin slices
- 1/2 teaspoon celtic sea salt
- 12 ounces baby bello mushrooms
- 2 garlic cloves, minced
- 1 teaspoon chopped fresh thyme leaves
- 1 teaspoon ground dried sage
- 1/4 cup apple cider vinegar
- 1 cup steel cut Irish oatmeal (not the quick-cooking kind)
- 1/4 cup grated nutritional yeast
- 2 tablespoons chopped fresh parsley, for garnish

Directions:

1. In medium saucepan with lid, heat bone broth over medium heat until simmering, then reduce heat to low and keep covered.
2. Meanwhile, melt butter in a large high-sided skillet over medium-high heat. Add leek and salt; cook 2 minutes, stirring frequently. Add mushrooms, garlic, thyme and sage; cook 7 to 8 minutes or until mushrooms are very deeply browned, stirring frequently. Add ACV, cook 1 minute, stirring constantly.
3. Reduce heat to medium. Add oatmeal; cook 1 minute, stirring constantly. Add 2 ladles of hot bone broth, cook until oats have absorbed almost all of the liquid. From this point, you'll just continue adding bone both, 1 ladle at a time, and stirring. You do NOT need to stand and stir constantly, but you should stir frequently, so just do some other stuff around the kitchen while you linger. The oats should take about 25 minutes to cook (taste to make sure they are tender). You should have enough bone broth (be sure to keep the lid on it when you're not using it, so it doesn't evaporate!), but if you run out before the oats are tender, just add some water.

4. To finish, vigorously stir in 1/4 cup Nutritional yeast. Serve in warm bowls garnished with parsley and extra nutritional yeast.