

Summer Vegetable Risotto

Serves 2 as a main course

I like to serve this risotto with [grilled lemon-garlic shrimp](#) (I omit the rosemary skewers when preparing). The risotto paired with five or six (16/20 count) shrimp per serving makes for a substantial meal.

4 ½ cups homemade or less sodium store-bought vegetable stock , more if needed
3 tablespoons unsalted butter, divided
1/2 medium yellow onion, finely chopped
1/2 yellow bell pepper, seeded and chopped
1/2 red bell pepper, seeded and chopped
1/2 tablespoon minced fresh rosemary
1 medium tomato, seeded and diced
1 garlic clove, minced
1 cup Arborio rice
½ cup dry vermouth
1 cup fresh spinach, washed, stems removed, and cut into thin strips (chiffonade)
1/2 cup grated Parmesan cheese
Salt, to taste
Freshly ground black pepper, to taste

Heat the vegetable stock in a medium saucepan until hot, but not boiling.

Melt two tablespoons of the butter in a large pot over medium heat. Add the onion, bell peppers, and rosemary. Cook for about three minutes, stirring occasionally. Stir in the diced tomato and cook, stirring frequently, for 1 minute. Stir in the garlic and cook briefly until fragrant, about 30 seconds. Stir in the Arborio rice and sauté for 3 minutes until the center of each grain is opaque and the edge of each grain is translucent.

Pour in the vermouth and scrape up any bits stuck to the bottom of the pan. Continue stirring until the rice has almost completely absorbed the vermouth. Add the vegetable stock in ladlefuls, stirring well after each addition. Don't add the next ladleful of stock until the previous ladleful has been incorporated.

Continue adding stock until the rice is al dente. Stir in the spinach. Add more stock as needed until the risotto is to your liking. You do not need to use all the vegetable stock. Stir in the Parmesan cheese and the remaining tablespoon of butter. Remove the risotto from the heat and season it to taste with salt and pepper. Cover for five minutes to let the flavors meld before serving.

Have leftover risotto? [Arancini](#) should be in your future.

This recipe came from Minced blog at www.mincedblog.com.