



Tomato & Vegetable Risotto



Ingredients:

1 small onion

1 stick celery

1 garlic clove

50 ml olive oil

1 cup Arborio rice

1 cup chopped vegetable of choice (carrots, capsicum, peas, corn, pumpkin)

1 can crushed tomatoes

1L vegetable or chicken stock

1 handful silverbeet or spinach leaf, chopped

Handful parsley/chives/mint/basil or any soft herbs



Method:

- Wash and chop herbs and silverbeet/spinach, put into bowl.
- Peel and finely chop onion and garlic. Dice celery and place in the bowl with onion and garlic.
- Put a heavy based saucepan on high heat, add oil, onion, garlic and celery. Fry for 3-4 minutes stirring constantly.
- Add the rice and stir for one minute.
- Add the chopped vegetables and half the stock and stir until the liquid is absorbed.
- Add the crushed tomato and the rest of the stock and stir constantly. Cook until the rice is al dente (just soft). Add more water or stock if needed.
- Add spinach/silver beet and herbs and stir for another minute.