



Fuel the Body
Fuel the Soul

Risotto



PREP TIME
5 MINUTES



COOK TIME
30 MINUTES



SERVINGS
3-4

Ingredients:

2 cups white rice	5 cups chicken broth
1 stick of butter	0.25 grams saffron
1 large onion, diced	Parmesan cheese

Procedure:

1. In a pot, begin heating the stock on the stove. In a separate large pan, melt half of the butter and sauté the onions.
2. Add dry rice to the onions. Stir until rice is evenly coated in butter. Gently toast the rice.
3. Add 2 cups of broth to the rice. Stir. When the broth has cooked away, add the saffron and about 1 cup of additional broth. Stir.
4. For 20 minutes, continually stir the rice, adding more broth whenever the liquid in the pan cooks into the rice.
5. When rice is soft and sticky, add the remaining butter and parmesan to taste.
6. Once melted, serve and enjoy!



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