

# 5 Grain & Bean Risotto

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On paper, rice and beans sounds boring, but let me tell you something: this dish is BOMB! The risotto technique is key to making this a succulent and satisfying meal. Sure to be a show stopper every time! On top of that, this recipe contains 15 grams of protein per serving, is an excellent source of iron and dietary fiber and is a good source of potassium. The whole recipe takes about an hour and serves 8

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- 1 Tbsp Olive Oil
- 3 Ribs Celery (diced)
- 1 Medium Onion (diced)
- 1/2 tsp Salt
- 5 Cloves of Garlic (Minced or Pressed)
- 1/4 tsp Black Pepper
- 1 tsp Dried Parsley
- 1 tsp Dried Rosemary
- 1 Tbsp Flour (Can skip for gluten-free)
- 1/2 Cup Brown Rice
- 1/2 Cup Red or Black Rice
- 1/2 Cup White Wine (I used a chardonnay)
- 1 tsp Lemon Zest
- 4+ Cups Broth
- 1/2 Cup Quinoa
- 1 Can Black Beans
- 1 Can Kidney Beans
- Juice from 1 Lemon

Keep your **broth** in a saucepan on the stove over low heat. We don't want it cooling off the risotto and halting the cooking process every time we add some.

Start by sautéing the **onion** and **celery** in **olive oil** over medium-high heat in a large pot. Sprinkle in your **salt** and let that cook until translucent. Add the **garlic, pepper, parsley, rosemary, brown rice, red rice** and **flour**, and cook for another 90 seconds, stirring constantly and scraping the bottom of the pan. (You can leave out the flour for a gluten-free version, but it helps with the texture of the end product.)

Now deglaze the pan with the **white wine**. Scrape any remaining caramelization off the bottom of the pan and stir. Once combined, add 1 cup of the heated **broth**, reduce heat to medium-low and cover the pot.

Now we wait about 10-15 minutes until *most* of the liquid is gone. You can make use of this time zesting and juicing your lemon, opening and rinsing your beans, or fixing up a side dish.

Once most of the liquid is gone, add another cup of **broth**. Add as needed. When you're 30 minutes in add the **quinoa**. Continue adding broth as needed until the grains are all cooked.

Now simply add the **beans** and the **lemon juice** and stir. It's ready to serve!

## Optional Toppings:

- Chopped Fresh Parsley
- Halved Grape Tomatoes
- Fresh-Cracked Black Pepper
- Grated Romano Cheese
- Sour Cream