



Pumpkin Cream Risotto

Cook Time: 55 minutes

Servings: 4

Ingredients

- 6 tbsp. Olive Oil
- 1 Shallot
- 2 Garlic Cloves
- 12 oz. Brussel Sprouts
- 8 oz. Mushrooms
- 1 Cup Arborio Rice
- 4 Cups Unsalted Vegetable or Chicken Stock
- 1/4 Cup Pine Nuts
- 3 tbsp. Pumpkin Spice Cream Cheese
- Himalayan Pink Salt to Taste
- Pepper to Taste
- 1/8 tsp. Cayenne Pepper

Instructions

1. Preheat oven to 400° F (204° C).
2. Cut off ends of 12 oz. of brussel sprouts, and cut them in half.
3. Put them on the baking sheet.
4. Remove ends from 8 oz. of mushrooms, and cut in half.
5. Put them on the baking sheet.
6. Drizzle with 3 tbsp. of olive oil.
7. Sprinkle with salt, pepper and cayenne pepper.
8. Mix until coated.
9. Put in oven for 40 minutes. Flip halfway through.
10. Put a pot on medium/high heat and add 4 cups of stock.
11. Put a skillet on medium heat.
12. Add 3 tbsp. of olive oil to a skillet.
13. Chop up the shallot and add to skillet.
14. Cook until they're soft.
15. Mince 2 cloves of garlic and add to skillet.
16. Add arborio rice to skillet with shallot and cook for 2 minutes.
17. Stir in 1 cup of vegetable or chicken stock, lower heat to a slow simmer. Keep stirring until it gets absorbed.
18. Then, add more stock and repeat.
19. It should start to thicken up. Keep adding liquid and stirring until it's soft and creamy.
20. Put them back in the oven for another 15-20 minutes, until the brussel sprouts are golden brown.
21. To the skillet, add 3 tbsp. pumpkin spice cream cheese, salt, pepper, dash of cayenne pepper, and 1/4 cup of pine nuts.
22. Add the brussel sprouts and mushrooms to the skillet.
23. Stir and serve.