

From the kitchen of David and Jennifer Deaven

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Servings: 4

7. Reduce heat, add (C) and (G), stir until warmed through, and serve.
6. after each addition.
5. Add (F) in 1/2C increments, allowing rice to absorb.
4. Add (E) to skillet, allow rice to absorb wine. minutes.
3. Add (D) to skillet and stir, saute approximately 2 minutes, turning once.

Vegetarian/Tofu Asparagus Risotto

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- A: 1T olive oil
- 1/3C onion, small dice
- B: 8oz asparagus tips
- C: 10oz mushrooms, quartered
- 1T oil
- D: 1C Arborio rice (uncooked)
- 8oz tofu, pressed and cubed
- salt and pepper
- E: 1/4C White wine
- F: 2C vegetable stock
- G: 2T Italian parsley, chopped
- 3T olive oil
- 1t lemon juice (or to taste)
- 1T Parmesan cheese (optional)

1. Saute (A) in skillet until onion is translucent.
2. Blanch (B) in boiling water just until tender, then reserve in cold water.
3. Mix (C) in a shallow baking pan and roast at 450F 15



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