



## Vegan High Protein Mushroom Lentil Risotto Oshkosh Community YMCA

This vegan high protein mushroom lentil risotto is the perfect healthy dinner recipe.

### **INGREDIENTS:**

- ~3 cups finely chopped mushrooms
- 2 tablespoon soy sauce or aminos
- 1 tablespoon balsamic vinegar
- 2 cloves garlic - minced
- 1 shallot - finely chopped
- ½ cup arborio rice
- ½ cup brown lentils
- ¼ cup nutritional yeast
- juice from 1 lemon
- 1 tablespoon white miso paste or sub aminos or soy sauce
- ~1-3 sprigs finely chopped fresh rosemary or ~½-1 tablespoon dried rosemary adjust to your preference
- 4 cups mushroom or vegetable broth
- salt/pepper to taste
- ~3 cups finely chopped kale



### **INSTRUCTIONS:**

1. Heat oil or butter over medium heat in a large pot. Add mushrooms, soy sauce and balsamic. Cook for about 6 minutes or until the mushrooms are softened. Remove mushrooms from pot and set aside.

Like what you tried? Email us at [katieConklin@oshkoshymca.org](mailto:katieConklin@oshkoshymca.org)  
Recipe Source <https://avocadoskillet.com/mushroom-lentil-risotto>

2. Add more oil to the pot along with the garlic and shallot. Cook for 5 minutes.
3. Add rice, lentils, yeast, lemon juice, miso, rosemary and ½ cup of broth. Cook until the liquid is absorbed, stirring occasionally so the lentils and rice do not stick to the bottom of the pot. Continue adding ½ cup of broth at a time (while stirring to prevent sticking), letting the risotto absorb most of the liquid before adding more. Total cooking time will be about 35 minutes, or until rice and lentils have softened.
4. Once risotto is done cooking, add kale and stir until wilted. Add back in mushrooms and stir until combined. Let cool and serve.

## **Nutrition**

Calories: 216kcal Carbohydrates: 41g Protein: 11g Fat: 1g  
Saturated Fat: 0.1g Polyunsaturated Fat: 0.3g Monounsaturated  
Fat: 0.1g Sodium: 1604mg Potassium: 342mg Fiber: 9g Sugar: 4g  
Vitamin A: 514IU Vitamin C: 2mg Calcium: 22mg Iron: 3mg

Nutrition is provided as a courtesy and is an estimate. If this information is important to you, please have it verified independently.