

Brown Rice & Mushroom Risotto

Ingredients

- 1 cup (200 g) short-grain brown rice
- 5 cups (1.2 L) low-sodium vegetable broth
- 2 tbsp (30 ml) olive oil
- 1 onion (150 g), finely chopped
- 2 cups (300 g) mushrooms, sliced
- 1 clove garlic, minced
- ¼ cup (25 g) grated Parmesan cheese
(optional)

Step-by-Step Instructions

1. Warm broth in a saucepan and keep over low heat.
2. In a large pan, heat olive oil and sauté onion for 5 minutes.
3. Add mushrooms and garlic, cooking another 5 minutes.
4. Stir in brown rice and cook 2 minutes to toast.
5. Add broth ½ cup at a time, stirring constantly, letting each addition absorb before adding more.

6. After 45 minutes, rice should be creamy. Stir in Parmesan if desired.

Why This Helps Blood Sugar

Brown rice provides complex carbs with fiber, moderating blood sugar. Mushrooms add chromium, which helps regulate insulin.