



Green Bean Risotto

NIBBLEDISH CONTRIBUTOR

Ingredients

1 lb. fresh green beans
3 tbs butter/olive oil
1/2 cup chopped onion
1 cup uncooked arborio rice
1/2 cup dry white wine
3 $\frac{1}{2}$ – 4 cup vegetable stock
1/2 cup freshly grated Parmesan cheese
a pinch of nutmeg
2 green onions
Salt and pepper to taste

Instructions

This truly is a labor of love. It's worth the work.

To begin, heat veggie stock in a saucepan over medium-low heat. You do not want it to be boiling, just hot.

Then, trim the beans and cut them into 1 inch pieces. Bring a medium saucepan of salted water to a boil. Blanch the beans for about 5 minutes. Shock the beans in cold water and drain. Set them aside.

In a 3 or 4 quart saucepan, heat the butter/olive oil on medium heat. Add the onion and cook for about 5 minutes until translucent. Add the rice and cook for 2 minutes more, stirring frequently.

Slowly add the wine, stirring constantly. Once the wine is just about absorbed, add 1/2 cup of stock to the rice.

Continue to stir until the liquid is almost completely absorbed, adding more stock in 1/2 cup increments. Stir constantly to prevent the rice from sticking to the bottom of the pan. Continue this, adding a little bit of broth at a time, cooking and stirring until it is absorbed, until the rice is tender, but still has a bit of firmness for about 15-20 minutes.

Add in the green beans, green onion, nutmeg, salt, and pepper.

Garnish with Parmesan cheese and serve immediately.