

AIP Mushroom Risotto

by Healing Family Eats

Prep time: 15 minutes

Cook time: 20 minutes

Serves : 4

8 oz box AIP orzo or chickpea risoni
3 tbsp extra virgin olive oil
1 medium onion, chopped
2-3 large cloves garlic, minced
5 slices bacon, chopped
5 oz white button mushrooms, sliced
3 oz shiitake mushrooms, sliced
3/4-1 cup hot chicken broth
sea salt to taste



Bring a pan of water to the boil, and add the orzo. Cook as per the manufacturer's instructions.

Meanwhile heat a sauté pan and add the olive oil and onions. Cook gently for 6 minutes until softened. Turn the heat up to medium and add the bacon.

Cook for 5 minutes then add the mushrooms. Cook for a further 5 minutes, stirring frequently.

Pour 1/4 cup of the broth and deglaze the pan.

Drain the orzo thoroughly and tip into the sauté pan. Give it a good stir, and add sea salt to taste.

Divide between bowls and serve immediately.