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# Butternut Squash Risotto ( Instant pot or stove-top)

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Author: [Sylvia Fountaine](#) Prep Time: 15 Cook Time: 15

Total Time: 30 minutes Yield: 5 cups Category: vegan, dinner recipe,

Method: Instant Pot, stove top Cuisine: Italian Diet: Vegan

## Description

*Cozy up with a comforting bowl of Butternut Risotto with Leeks and Spinach made with very little fuss, in your [Instant Pot](#) pressure cooker. Vegan-adaptable and Gluten-free. **Stovetop** version in the notes below!*

## Ingredients

- 2 tablespoons [olive oil](#) (or butter)
- 2 cups sliced leeks (one extra large leek)
- 4 garlic cloves, rough chopped
- 8 sage leaves, chopped
- 1 cup [Arborio rice](#) or short-grain Spanish rice (Bomba)
- 2 heaping cups butternut squash, cubed
- 1/4 cup white wine (or skip it)
- 2 cups [veggie stock](#) or chicken stock or broth (or water and one teaspoon or cube [veggie bouillon](#))
- 1/2 teaspoon [salt](#)
- 1/8 teaspoon [white pepper](#) (or sub black pepper to taste)
- 1/2 teaspoon [nutmeg](#) the [nutmeg](#) makes this- don't leave it out!
- —
- 2–3 handfuls baby spinach or chopped kale

OPTIONAL: 1/4 – 1/2 cup parmesan, [pecorino](#), manchego, [goat cheese](#), vegan cheese or cashew cheese – or the leave cheese out and use [LEEK OIL](#) for garnish. Or stir in 1-2 tablespoons of butter or [ghee](#), or a drizzle of [olive oil](#).

Optional: [Maple Glazed Pecans](#)

## Instructions

- 1 Slice and rinse leeks, separating rings (rinsing will help them to soften faster).
- 2 Set [Instant Pot](#) to the “Saute” function.
- 3 Heat oil in the [instant pot](#), add the rinsed leeks and stir for 2 minutes. Add garlic, sage and **rice**, stir for 2 minutes.
- 4 Add butternut squash, and keep stirring for a couple of minutes, until there is a bit of browning on the bottom of the [instant pot](#).
- 5 Add the wine and scrape up the browned bits- a [wooden spoon](#) is good for this. Let all the wine cook off, about 2-3 minutes. Add the stock or broth. Scrape up more browned bits. Add the [salt](#), pepper and [nutmeg](#), and give a good stir.
- 6 Seal the [instant pot](#) and pressure cook on HIGH for 6 minutes. Naturally, release for 5 minutes, *then manually release*.
- 7 While the [Instant pot](#) is going you could make the [leek oil](#) and/or the [maple glazed pecans](#).
- 8 Stir the risotto, adding the spinach and cheese or butter if you like, or leave them out. As the butternut breaks down a bit, it will add a nice natural creaminess to the risotto.
- 9 Garnish with optional [leek oil](#) or [maple glazed pecans](#).

## Notes

- <sup>i</sup> To elevate this, make the [leek oil](#) and [maple glazed pecans](#), and perhaps top it with some additional roasted or pan-seared butternut that has been nicely caramelized.
- <sup>i</sup> The butternut in the [instant pot](#) will break down and almost becomes the sauce here.
- <sup>i</sup> **STOVETOP INSTRUCTIONS: ( you will need 4-5 cups warm stock)**

**ROAST BUTTERNUT:** Toss the butternut with [olive oil](#), [salt](#) and pepper<sup>1</sup> and ROAST the butternut in a 400 F oven on a [parchment](#)-lined [sheet pan](#) until caramelized and tender 25-30 minutes. At the same time make risotto.

**RISOTTO:** In a large heavy-bottomed pot or [dutch oven](#), heat the [olive](#)<sup>2</sup> [oil](#) over medium heat and add the washed leeks. Saute until fragrant and tender, covering with the lid for a few minutes to let them steam a bit. Add garlic and sage, saute 2 more minutes until fragrant.

Add the **rice** and saute 1 minute, stirring. Add a splash of white wine,<sup>3</sup> and cook this off. Add the [salt](#), pepper and [nutmeg](#). Add 1-2 cups warm stock (enough to cover the rice), stir and bring to a gentle simmer. Simmer until most of the liquid is absorbed. Continue adding broth 1 cup at a time, letting the rice absorb it slowly, stirring often over med-low heat, until the rice is plumped, slightly al dente, yet creamy, about 20-25 minutes. If adding kale, add it with the last cup of broth. If adding spinach, you can stir it in at the end. Keep the risotto thick and hearty or add more stock to loosen it up a bit.

Stir in the roasted butternut and spinach and optional cheese or<sup>4</sup> butter. Taste, season and adjust [salt](#) and pepper. If bland, it probably needs more [salt](#).

Garnish with the [leek oil](#) and [maple glazed pecans](#).

<sup>5</sup>

# Nutrition Facts

Serving Size 1 1/4 cups. Calculated with 1/2 cup parmesan.  
Serves 4

Amount Per Serving			
Calories		321	
		% Daily Value*	
Total Fat 10.4g		13%	
Saturated Fat 3g			
Polyunsaturated Fat 1g			
Monounsaturated Fat 6g		0%	
Cholesterol 7.2mg		2%	
Sodium 471.6mg		21%	
Total Carbohydrate 48.3g		18%	
Dietary Fiber 1.5g		5%	
Sugars 1.9g			
Protein 8.1g		16%	
Vitamin A	7%	Vitamin C	8%
Calcium	14%	Iron	11%
Vitamin D	1%	Magnesium	9%
Potassium	3%	Zinc	9%

*Keywords: Butternut Risotto Recipe, Vegan butternut risotto, Instant Pot risotto, Butternut Risotto, instant pot butternut risotto, vegan risotto, vegan butternut recipes, vegan instant pot recipes.*



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