

# Vegan Pumpkin Risotto

Prep: 10 mins

Cook: 25 mins

Total: 35 mins

Servings: 4 to 6 servings

Enjoy a vegetarian and vegan twist on classic Italian risotto made with pumpkin. The squash adds a sweet and unique flavor perfect for fall, as a vegetarian Thanksgiving entrée, or really, anytime. Whether or not you're actually vegetarian or vegan, pumpkin risotto is a delicious, unique and creative entree choice for a fall, Halloween or Thanksgiving meal. It's also a great way to use up any leftover pumpkin you might happen to have on hand from the holidays.

This Italian risotto recipe is both vegetarian and vegan, as long as you use vegan margarine instead of butter. If you need it to be gluten free as well, just be sure that the vegetable broth that you use is gluten free, since all the other ingredients, including the rice, white wine, pumpkin, and seasonings, are all gluten free.

## Ingredients

- 1 onion, diced
- 1 tablespoon olive oil
- 2 cups Arborio rice
- 1 cup white wine
- 4 cups vegetable broth
- 1 cup canned pumpkin
- 1 teaspoon grated or minced fresh ginger
- 1 teaspoon ground or grated nutmeg
- 1 tablespoon chopped fresh basil
- 1 tablespoon vegan margarine, or butter
- Salt, to taste
- Freshly ground black pepper, to taste

## Steps to Make It

1. Gather the ingredients.
2. Sauté the onions in the olive oil over medium heat for about 3 to 5 minutes, or until the onion is mostly soft.
3. Next, add in the rice. Allow to cook, stirring, for a minute or two, just to lightly toast the rice, and being careful that it doesn't burn.
4. Slowly add in the white wine.
5. Start to add the vegetable broth, 1/2 cup at a time. Allow the moisture to cook off before adding the next 1/2 cup. Stir frequently, and continue adding the vegetable broth 1/2 cup at a time. Many chefs advise keeping the vegetable broth heating on the stove so that it is already simmering and hot when you add it to the rice.
6. Once you've added all the vegetable broth and the rice is nearly cooked, add in the pumpkin, fresh ginger, nutmeg, fresh basil, and vegan margarine or butter. Stir well to combine everything well, and season lightly with a bit of salt and pepper, to taste.
7. All everything to heat, just for another minute or two, until everything is thoroughly heated through, and stirring frequently.
8. Serve and enjoy!