

Slow Cooked Brown Rice Risotto and Mushrooms

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Recipe type: **Phase 1 • Entree**

Prep time: 15 mins Cook time: 2 hours 15 mins Total time: 2 hours 30 mins

Serves: 4

Ingredients

- 3 tablespoons extra virgin olive oil, divided
- 2 shallots, peeled and chopped
- 2 cloves garlic, peeled and chopped
- $\frac{3}{4}$ cup short grain brown rice
- 8 oz. baby bella or crimini mushrooms, sliced
- $2\frac{1}{2}$ cups vegetable broth
- 1 teaspoon salt
- 2 tablespoons each, freshly chopped parsley and basil
- $\frac{1}{2}$ teaspoon each, freshly chopped thyme and mint
- 1 teaspoon, freshly chopped dill

Instructions

1. Heat the oil in a large fry pan over medium-high heat for 1 minute or until hot.
2. Add the shallots and saute for one minute. Stir in the garlic and cook 30 seconds.
3. Add the remaining oil and uncooked rice and cook stirring for about 2 minutes.
4. Add the mushrooms and saute for 3 minute or until just limp. Stir in salt.
5. Add the sauteed ingredients to the slow cooker. Add the vegetable broth and stir well.
6. Cover and cook on low for 2 hours. Stir in the herbs in the last $\frac{1}{2}$ hour.
7. Serve immediately.

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