



## Organic Lentil Risotto with Baby Leeks and Kale

This lentil risotto recipe is one of our favorite dishes on our Earth Day 2021 menu being enjoyed in the dining halls. It has two parts: first, making a vegan “cheese,” then bringing it all together into a hearty, creamy risotto. This dish features two of the Top Five Ways to Eat Sustainably, offered by R&DE Stanford Dining’s One Plate, One Planet sustainable food program: 1) Think Produce First, and 2) Minimize Food Waste. Get all five tips and learn more at: <https://rde.stanford.edu/dining/one-plate-one-planet>.

**Serves:** 6 portions

**Time:** 45 minutes

### Ingredients Vegan “Cheese” Sauce:

- 1 each medium butternut squash, peeled and diced
- 2 tablespoons sunflower seed butter
- 2 tablespoons nutritional yeast
- 2 teaspoon kosher salt
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1 teaspoon mushroom powder
- 2 tablespoons potato starch
- 24 fluid ounces water

### Ingredients Risotto:

- 1/4 cup yellow onion, diced
- 1/3 cup leek, rinsed well and cut into half-moons, white and light green parts
- 1/4 cup carrot, peeled and diced
- 1/4 cup celery, diced
- 2 clove garlic, peeled and minced
- 3-4 stems parsley, chopped
- 2 sprigs thyme, chopped
- 1 bay leaf
- 4 fluid ounces vegetable stock
- 1/2 teaspoon kosher salt
- 1/4 teaspoon freshly cracked black pepper
- 2 cups organic green lentils
- 3 cups organic Dino kale (also called Lacinato), cleaned and chopped
- 2 fluid ounces canola oil

### **Method—Vegan Cheese: (Step-1)**

1. Steam butternut squash in steamer until tender.
2. In medium saucepan, bring water to boil then add salt, steamed butternut squash, onion powder, garlic powder, and mushroom powder. Stir and simmer mixture for 2 minutes.
3. While mixture simmers, make a slurry by mixing cornstarch and a small amount of water with a teaspoon.
4. Add butternut squash mixture to blender, being careful with hot contents. Puree ingredients and add nutritional yeast to the blender.
5. Put pureed ingredients back into pot and bring to a simmer. Add cornstarch slurry to the hot puree to thicken.
6. Remove from the heat and set aside.

### **Method—Risotto: (Step-2)**

1. Give your lentils a good rinse under cold water. Pull out any little pieces of debris that you may find.
2. Add canola oil to pot and apply medium heat.
3. Sautee onion, leeks, carrot, garlic, and celery until softened, about 7-10 minutes
4. Add cleaned lentils to the pot.
5. Add vegetable stock to the pot and then the chopped herbs and bay leaf, stir to incorporate.
6. Add enough water to the pot to cover lentils and lightly simmer till lentils are tender.
7. Add vegan “cheese” to the pot and stir to incorporate.
8. Add kale and lightly simmer until just tender.
9. Serve warm and enjoy.