

## *Red Beet and Pea Risotto With Mint and Feta*

### INGREDIENTS

**Olive oil**

**1 large red onion, minced**

**2 garlic cloves, minced**

**1 cup (generous) arborio rice**

**3 medium cooked red beets,  
cubed**

**4 cups vegetable stock (from  
a cube or powder)**

**Sea salt and black pepper**

**1  $\frac{3}{4}$  cups frozen garden peas**

**Handful fresh mint, minced**

**$\frac{3}{4}$  cup crumbled feta cheese**

1. Heat a little olive oil in a pan, add the onion and garlic, and cook 4-5 minutes, or until onion is soft. Add rice and cook another minute. Add two of the beets.
2. Add the vegetable stock little by little, until the rice is soft and just tender, stirring frequently (can take up to 30 minutes). It should be fairly moist, but not too liquid. Season with salt and pepper.
3. When the rice is almost cooked, add the peas and mint and cook another 2-3 minutes.
4. Place remaining beet in a small food processor and process to a coarse purée. Add purée to the finished risotto, stir well, and serve on warmed plates. Sprinkle some feta over each one.

Yields 3 servings

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