

Risotto alle Verdure (Vegetable Risotto)

INGREDIENTS

(serves 4)



320 g (about 1 ½ cups) carnaroli rice
1 small onion or shallot, finely chopped
2–3 tablespoons extra virgin olive oil
1 zucchini, diced
1 carrot, diced
1 red bell pepper, diced
100 g peas (fresh or frozen)
100 g green beans, chopped
About 1–1.2 L vegetable stock (kept hot)
100 ml dry white wine
50 g butter (optional, for creaminess)
70 g grated Parmigiano Reggiano (optional for finishing)
Salt and freshly ground black pepper, to taste
Fresh parsley or basil, chopped (for garnish)
[Gentile di Chieti 3L EVOO, Oleificio Berardo](#)
[Carnaroli Rice, La Gemma](#)
[Aged Carnaroli Rice, La Gemma](#)

Wine pairing suggestions



[Trebbiano d'Abruzzo Colline Teramane, Nicodemi](#)

Description

Risotto alle Verdure is a light, colorful, and healthy dish that celebrates the freshness of seasonal vegetables. Creamy and comforting, yet delicate and nutritious, it's a versatile recipe that can be adapted throughout the year with whatever vegetables are in season, making it a true expression of Italian home cooking.

Preparation

Dice zucchini, carrot, and pepper or any other vegetable you have into small cubes. Chop the green beans into bite-size pieces. If using fresh peas, blanch them briefly. Heat olive oil in a large pan, add onion, and sauté until soft. Add all the diced vegetables (except peas) and cook for 3–4 minutes.

Add the rice to the pan, stirring for 1â€“2 minutes until lightly translucent. Pour in the white wine and let it evaporate. Begin adding hot vegetable stock, one ladle at a time, stirring frequently. After about 10 minutes, add the peas. Continue cooking until the rice is al dente (16â€“18 minutes total).

Off the heat, stir in butter and Parmigiano Reggiano if desired. Adjust seasoning with salt and pepper. Let rest for 1â€“2 minutes.

Plate the risotto, garnished with fresh parsley or basil.

Love this recipe? Skip the prep! Get our ready-to-cook version of [Vegetable Risotto](#) delivered - crafted with the finest ingredients for authentic flavor in minutes. Just cook & enjoy!