



Test Kitchen Tuesday

Try it. You might like it.

Sweet Potato and Green Pea Risotto

From: [Test Kitchen Tuesday](#)

Time Required: 30 minutes

Skill Level (out of 5): 

Makes: About 6 1-cup servings

Ingredients:

- 2 Tablespoons olive oil
- ½ onion, chopped
- 1/2 teaspoon garlic powder
- 1 ½ cups Arborio rice
- 4-5 cups low sodium vegetable broth
- 1 Tablespoon white wine vinegar
- 1 large sweet potato, chopped
- 1 Tablespoon packed brown sugar
- 1 cup cooked green peas
- Salt to taste



Method:

- Peel and chop a large sweet potato into large chunks. Add to food processor and pulse until you have small, bite-sized chunks (don't pulverize); Add the chopped sweet potato to a microwave safe bowl with about 1 cup of water and microwave for 2-3 minutes, until the sweet potato is beginning to get soft. You could also use chopped roasted or baked sweet potato here.
- Heat olive oil in a large saucepan over medium heat.
- Chop onion – or do like I did and “food process” it – and add to the oil with the garlic powder, cooking until onions are slightly translucent (2-3 minutes).
- Add the rice to the onions, and cook for 2-3 minutes, until rice starts to want to stick to the pan.
- Add 3 cups of the veggie broth and the vinegar, stirring to combine, and bring to a boil.
- Cover, and reduce heat to low and cook for about 5 minutes.
- Add the sweet potato and brown sugar (and salt, if desired – I only used 2 pinches), and simmer for about 15 minutes, until the rice is tender, adding more broth as you go if needed. You only need to stir every 5 minutes or so.
- Stir in the last cup of broth and the cooked green peas. The rice should be moist and creamy – if not, add a little more broth.
- Serve and enjoy!



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Nutrition:

Nutrition Facts	
User Entered Recipe	
6 Servings	
Amount Per Serving	
Calories	251.5
Total Fat	4.7 g
Saturated Fat	0.6 g
Polyunsaturated Fat	0.5 g
Monounsaturated Fat	3.3 g
Cholesterol	0.0 mg
Sodium	127.5 mg
Potassium	102.3 mg
Total Carbohydrate	47.6 g
Dietary Fiber	2.3 g
Sugars	3.4 g
Protein	4.8 g

Vitamin A	96.8 %
Vitamin B-12	0.0 %
Vitamin B-6	5.1 %
Vitamin C	16.4 %
Vitamin D	0.0 %
Vitamin E	3.3 %
Calcium	1.4 %
Copper	3.8 %
Folate	4.4 %
Iron	3.2 %
Magnesium	2.4 %
Manganese	8.9 %
Niacin	2.9 %
Pantothenic Acid	1.7 %
Phosphorus	3.0 %
Riboflavin	3.4 %
Selenium	1.0 %
Thiamin	5.4 %