



# Roasted Sweet Potato Risotto

**Servings**

4

**Calories**

160

**Prep Time**

10 minutes

**Total Time**

1 hr

**Skill Level**

Medium

## Ingredients

- 4 ½ cups Mann's Sweet Potato Cubes
- 1 yellow onion, finely chopped
- 1 ½ cups Arborio rice
- 2 cups vegetable stock
- 1 tablespoon garlic
- ½ cup Parmesan cheese, finely grated
- 4 tablespoons olive oil
- 2 cups water
- Arugula leaves (optional)



## The Method

Preheat oven to 350° F. Place Mann's Sweet Potato Cubes on baking tray and toss with 2 tablespoons of olive oil; roast for 20 minutes or until just soft.

Heat 2 tablespoons of olive oil in a large saucepan, cook onion until soft. Add Gourmet Garden Garlic and Arborio rice. Stir to coat rice in oil mixture. Add vegetable stock and water to pan. Simmer for about 25 minutes or until rice is just tender, adding more stock if necessary.

Stir in Parmesan cheese, basil, oregano and Roasted Sweet Potatoes. Serve risotto topped with arugula if desired. Enjoy!

### Nutrition Facts

Serving Size: 624g | Servings: 4

### Amount Per Serving

Calories 640 | Calories from Fat 140 | Total Fat 17g (sat fat 3g trans 0g) | Cholesterol 5mg | Sodium 510mg | Total Carbohydrate 115g | Dietary Fiber 13g | Sugars 15g | Protein 12g | Vitamin A 720% | Vitamin C 20% | Calcium 15% | Iron 6%