

Millet Risotto with Artichoke Hearts

Ingredients

- 3 tablespoons coconut oil or olive oil
- 2 large shallots, finely chopped
- 1 cup coarsely chopped fresh mushrooms (any kind)
- 1 cup millet
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried thyme
- 1 1/2 cups artichoke hearts. Sugar and additive free.
- Sea salt and fresh pepper
- 4-6 cups organic vegetable broth

Directions

In a large pot over medium-high heat, heat the oil with the shallots and mushrooms, and cook, stirring frequently until softened (about 5 minutes). Add cup of water, bring the heat to high, and add the millet. Then, lower heat to medium and start to add the stock 1/2 cup at a time, stirring after each addition, every few minutes. When the stock has been almost completely absorbed after each addition, keep adding more, so the mixture isn't quite soup but stays very moist. Keep doing this until millet is tender and has at least doubled in size (about 20 minutes). Add herbs and artichoke hearts at the last few minutes of cooking and taste for texture. Season with salt and pepper and serve warm.

