



Roasted Red Pepper Risotto

Roasted Red Pepper Risotto

Brighten up your next meal with this healthy roasted red pepper risotto. Swap rice for quinoa to boost gut health while enjoying the bold flavors of fire-roasted peppers. This risotto recipe proves that veggie-forward meals can be both simple and incredibly satisfying.

Timing

Prep time	Total time	Skill level
40 mins	75 mins	Hard

What You'll Need

Risotto

- > 8 cups chicken stock
- > 3 tbsp olive oil
- > 1 large white onion, diced
- > 1 tbsp minced garlic
- > Salt and pepper, to taste
- > 2 cups Arborio rice (can substitute quinoa for gut health)
- > ¼ cup dry white wine
- > 1 tbsp butter
- > ¼ cup shredded Parmesan
- > 2 basil leaves

Red Pepper Puree

- > 2 Red Sun Farms® Red Sweet Bell Peppers
- > 5 tbsp olive oil
- > ¼ cup shredded Parmesan
- > 1 tbsp minced garlic
- > ¼ cup heavy cream
- > Freshly ground pepper (to taste)

> Pinch of salt

Directions

ROASTED RED PEPPER PURÉE

1. Preheat oven to 450°F.
2. Line a baking tray with parchment paper.
3. Cut bell peppers in half lengthwise, removing veins and seeds.
4. Place cut side down on a cooling rack set over the baking tray and add to the oven on the top rack. Cook for 30–40 minutes, until the skin is blistered and charred.
5. Remove peppers from the oven and place in a large bowl to cool.
6. Reserve 3 slices of the roasted peppers for garnish and place the remainder in a food processor.
7. Add the olive oil, Parmesan, garlic, heavy cream, cracked pepper, and a pinch of salt and blend until smooth.

RISOTTO

1. Add chicken stock to a small pot and keep it warm over low–medium heat.
2. Dice the white onion and heat 3 tbsp of olive oil in a deep pan over medium heat.
3. Add the onion and garlic, sautéing until fragrant. Season with salt and pepper.
4. Increase the heat to high and add the rice, stirring frequently to lightly toast it. (You are searing the rice to prevent it from becoming starchy. You will see the shell is translucent, and there is a white bead in the middle of the rice when done.)
5. Add the white wine and stir until most of it has evaporated, then reduce the heat to medium.
6. Add one ladle of warm chicken stock at a time, stirring occasionally and allowing it to absorb before adding more (without letting the rice dry out).
7. Continue this process until the rice is fully cooked, about 30 minutes. Taste to ensure it is tender throughout.
8. Once the rice is cooked, stir in the roasted red pepper purée, then add 1 tbsp of butter and ¼ cup of Parmesan. Turn off the heat and mix until well combined and creamy.
9. Place the risotto into a bowl and garnish with the red pepper slices, some shredded parmesan, and basil leaves.