

# Risotto

Serves 4 / Cost around £3.50 /

## You will need:

Half a cup of brown rice per person

1 - 2 onions, chopped

2 - 3 sticks celery, chopped

2 - 3 carrots, chopped

Any other vegs available

Seasoning, eg Kallo, Marigold, other stock cube or spice according to taste (cayenne, chilli etc)

one third of a cup dried beans per person (soaked in cold water overnight then boiled for 1 - 2 hours depending on type of bean or use tinned beans eg butter beans, cannellini beans, chick peas)

You can replace the beans with chicken if it can be afforded.

## Instructions:

This takes approx 1 hour to cook:

1. Lightly fry onion in olive oil until soft
2. Boil rice in double amount of water.
3. Add onion, carrots & seasoning.
4. After 15 mins, add celery & other vegs (eg chopped red pepper) & beans.
5. Simmer with lid on until all moisture has been absorbed.
6. Add more water if needed.
7. Add salt & pepper to taste.

Any number of meat & veg varieties can be used in the above according to budget & taste.