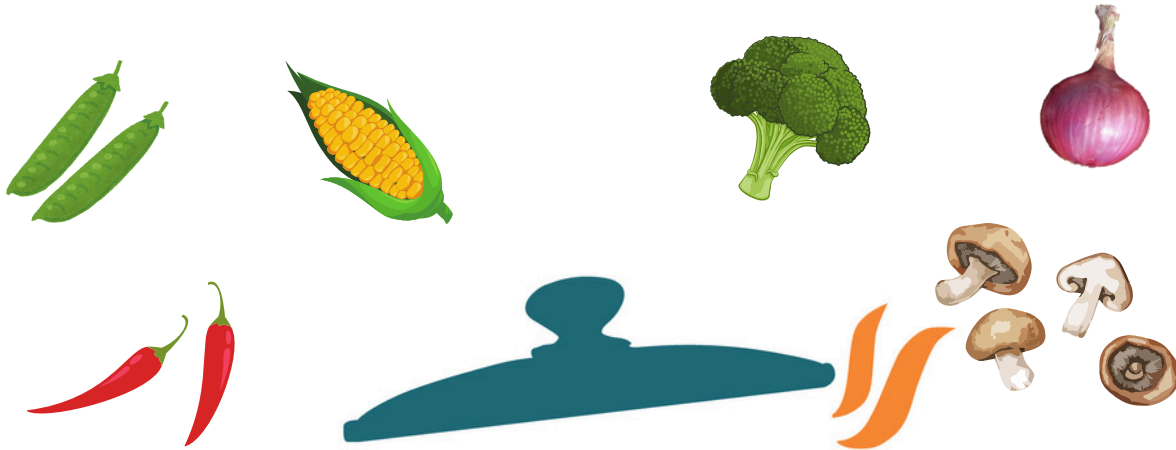




# Foodshare



Cooking for  
**Change!**  
PROGRAM

## Recipe



Bendigo **Community**  
**Health** Services

**Risotto with Vegetable and Bacon**

## Ingredients - Serves 50

- 500ml oil
- 3kg onion
- 3 bulbs garlic (or one small jar)
- 5kg Arborio rice
- 200g stock powder to make 10L stock (vegetable or chicken stock)
- 2kg frozen peas, corn, capsicum etc (any frozen vegetables)
- 5 butternut pumpkins (any fresh vegetables can be used)
- 3kg bacon
- 2kg parmesan cheese, grated
- Salt and pepper

## Method

1. Peel and finely dice onion and garlic.
2. Peel and dice pumpkin (or prepare other fresh vegetables).
3. Dice bacon.
4. Grate cheese.
5. Add stock powder to boiling water to make stock.
6. Pre-heat oven to 180 C.
7. Heat oil and gently fry onion and garlic until soft but not brown.
8. Add bacon and fry 5 mins.
9. Add rice to pan and coat with oil.
10. Add diced pumpkin, salt and pepper.
11. Add stock to the pan and bring to the boil.
12. Transfer risotto to roasting tins and stand on baking trays. Cover tightly with foil.
13. Bake 30 mins or until stock is absorbed and pumpkin is soft.
14. Stir in frozen vegetables and top with cheese.