

Foodnity Recipes

Creamy Mushroom Orzo (One-Pot Recipe)

10 min Prep time	**20 min** Cook time	**30 min** Total time
4 Servings	**Easy** Difficulty	**Italian-Inspired** Cuisine

Ingredients

Main Ingredients

- [ ] 1 tbsp olive oil
- [ ] 8 oz cremini mushrooms, sliced
- [ ] 3 cloves garlic, minced
- [ ] 1 cup orzo
- [ ] 2 cups vegetable broth
- [ ] 1/2 cup full-fat coconut milk
- [ ] 2 tbsp nutritional yeast
- [ ] Salt and pepper to taste
- [ ] Fresh parsley, chopped (for garnish)

Instructions

1. Heat the olive oil in a large pot over medium heat. Add the sliced mushrooms and cook until they release their moisture and turn golden brown, about 5-7 minutes.
2. Add the minced garlic to the pot and cook for another 1-2 minutes until fragrant.
3. Stir in the orzo and toast it lightly for about 2 minutes, stirring constantly to prevent burning.
4. Pour in the vegetable broth and bring to a simmer. Reduce the heat to low, cover, and let it cook for about 10 minutes, stirring occasionally, until the orzo is tender and most of the liquid is absorbed.
5. Stir in the coconut milk and nutritional yeast. Cook for another 2-3 minutes until the sauce is creamy and well combined. Season with salt and pepper to taste.
6. Garnish with fresh parsley and serve immediately.

Nutrition per serving

320 kcal	8 g	45 g	12 g
Calories	Protein	Carbs	Fat

Tips & notes

- For extra flavor, add a splash of lemon juice at the end.
- If the dish is too thick, add a little more broth or water to reach your desired consistency.
- This dish pairs beautifully with a simple green salad or roasted vegetables.