

Keto Creamy Mushroom Risotto

Hands-on 15 minutes Overall 20 minutes

Nutritional values (per serving, about 1 1/2 cups): Total carbs: 11.3 g, Fiber: 3.4 g,

Net carbs: 7.9 g, Protein: 8 g, Fat: 24.4 g, Calories: 288 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes 4 servings)

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- 1/2 cup dried porcini mushrooms (15 g/ 0.5 oz)
- 3/4 cup [chicken stock](#) or vegetable stock (180 ml/ 6 fl oz)
- 1 small white onion (70 g/ 2.5 oz)
- 4 cups fresh wild mushrooms (200 g/ 7.1 oz)
- 1/4 cup plus 2 tbsp [ghee](#), butter or [extra virgin olive oil](#) (85 g/ 3 oz)
- 2 cloves garlic, crushed
- 1 medium cauliflower, riced (720 g/ 1.6 lb)
- Salt, to taste
- 1/2 cup heavy whipping cream (120 ml/ 4 fl oz)
- 1 tbsp lemon juice (15 ml)
- 1/4 cup chopped fresh parsley (15 g/ 0.5 oz)
- 2/3 cup grated Parmesan cheese or other Italian hard cheese (60 g/ 2.1 oz)

Instructions

1. to make the cauli-rice, place the florets in a food processor and pulse until riced. To do that, you can either use the S blade or the grating blade.
2. Soak the dried porcini mushrooms in the chicken stock for at least 15 minutes. Once soaked, chop the mushrooms into smaller pieces if needed.
3. Peel and finely dice the onion. Wash and slice the fresh mushrooms. Grease a large pan or heavy soup pot with 1/4 cup (60 ml) of ghee and add the onion and crushed garlic. Cook over a medium-high heat for 5 to 8 minutes until lightly browned.
4. Add the cauli-rice and sliced mushrooms and mix well. Pour in the soaked mushrooms with their liquid and season with salt. You can substitute 1/4 cup (60 ml/12 fl oz) of the stock with 1/4 cup (60 ml/12 fl oz) dry white wine, if you like.

5. Pour in the cream and cook for 8 to 10 minutes or until the cauliflower is tender but not overcooked.
6. Remove from the heat. Add a squeeze of lemon juice, parsley, grated Parmesan cheese, and remaining ghee or butter, and mix until well combined. Garnish with more parsley and serve immediately. To store, refrigerate for up to 4 days.

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