

## EASY RISOTTO

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Easy Risotto

### Ingredients

- Zucchini
- Onions
- Garlic cloves
- Fat (I used tallow)
- Salt and pepper to taste
- 1 Tbsp tomato paste
- Parsley
- Olive oil (cold-pressed, virgin and stored in a dark bottle)

### Kitchen Equipment

- Glass sauté pan
- Wooden board
- Knife
- Wooden spoon



Put tallow in a glass pan to slowly melt.



While the tallow melts, cut the onion in bite-size pieces, and put aside



Cut the zucchini into bite-size pieces and put aside.



This simple and easy to make risotto is a nice GAPS vegetarian meal for people that do not eat meat. You can also add any other vegetables that you have available, or, if you are a meat eater, you can add baked salmon, lemon pepper shrimp, or a classic baked chicken breast among others.

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Cut the pepper in bite-size pieces, remove the seeds and put aside.



Chop some parsley that will be used at the end for garnishing.



Cut and peel some garlic cloves. Once the tallow is melted, add the garlic cloves into the sauté pan.



Put all the vegetables into the pan. Then add salt and pepper to taste.





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Sauteé all the vegetables until cooked and add 1 Tbsp of tomato paste. Then mix for a couple of minutes to incorporate the tomato paste.



When dishing up, add some olive oil to it. Make sure the olive oil is virgin, cold-pressed and is in a dark bottle. Then garnish with some parsley.



Enjoy!

