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Backcountry Risotto

Creamy, hearty, and fresh!

Enjoy a warm, comforting, and filling bowl of risotto on your next backpacking trip. Combined with mushrooms and zucchini you can't go wrong. This is an all-time favourite on our longer backpacking trips like the [Chilkoot Trail](#)

Serves Two

Ingredients

1 tbs Oil

1 Small onion

1 cup Arborio rice

1/2 cup White wine

2 cups Broth

1 Small zucchini

6-8 Mushrooms

1/4 cup Frozen peas

2 tbs Parmesan cheese



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Instructions

At Home

- Heat oil in pot. Add onion and saute until translucent. Add the rice and saute 1-2 minutes until the ends turn translucent. Add wine and cook, stirring continuously until it has evaporated. Add the broth and cook, stirring frequently. Add 1/2 cup of water at a time when the bottom of the pot becomes dry. Continue adding water as needed until rice is tender. Remove from heat and let cool.
- Slice the zucchini and mushrooms into 1/4" slices
- Place the zucchini, mushrooms, and peas onto dehydrator trays with parchment paper. Spread the risotto onto the trays in a thin even layer. Leave vegetables and risotto in the dehydrator until no moisture is present. Approximately 6 hours.
- Pack dehydrated risotto and vegetables in a ziploc bag. Place the parmesan cheese in a separate bag

On the Trail

- Bring water a boil
- Place risotto and vegetable mixture in a pot with parmesan cheese. Add enough water to just cover - about 2 cups.
- Let sit for 15min
- Enjoy!