

[Butternut Squash Risotto with Leeks](#) (instant pot or stove-top)

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Prep time: 15 minutes

Cook time: 15 minutes

Ingredients

2 tablespoons olive oil (or butter)
2 cups sliced leeks (one extra-large leek)
4 garlic cloves, rough chopped
8 sage leaves, chopped
1 cup Arborio rice or short-grain Spanish rice (Bomba)
2 heaping cups butternut squash, cubed
1/4 cup white wine (or skip it)
2 cups veggie stock or chicken stock or broth (or water and one teaspoon or cube veggie bouillon)
1/2 teaspoon salt
1/8 teaspoon white pepper (or sub black pepper to taste)
1/2 teaspoon nutmeg the nutmeg makes this- don't leave it out!
2-3 handfuls baby spinach or chopped kale

OPTIONAL: 1/4 – 1/2 cup parmesan, pecorino, Manchego, goat cheese, vegan cheese or cashew cheese – or the leave cheese out and use LEEK OIL for garnish. Or stir in 1-2 tablespoons of butter or ghee, or a drizzle of olive oil.

Optional: Maple Glazed Pecans

Directions

1. Slice and rinse leeks, separating rings (rinsing will help them to soften faster).
2. Set Instant Pot to the "Sauté" function.
3. Heat oil in the instant pot, add the rinsed leeks and stir for 2 minutes. Add garlic, sage and rice, stir for 2 minutes.
4. Add butternut squash, and keep stirring for a couple of minutes, until there is a bit of browning on the bottom of the instant pot.
5. Add the wine and scrape up the browned bits- a wooden spoon is good for this. Let all the wine cook off, about 2-3 minutes. Add the stock or broth. Scrape up more browned bits. Add the salt, pepper and nutmeg, and give a good stir.
6. Seal the instant pot and pressure cook on HIGH for 6 minutes. Naturally, release for 5 minutes, then manually release.
7. While the Instant pot is going you could make the leek oil and/or the maple glazed pecans.
8. Stir the risotto, adding the spinach and cheese or butter if you like, or leave them out. As the butternut breaks down a bit, it will add a nice natural creaminess to the risotto.
9. Garnish with optional [leek oil](#) or [maple glazed pecans](#).

Notes

- To elevate this, make the [leek oil](#) and [maple glazed pecans](#), and perhaps top it with some additional roasted or pan-seared butternut that has been nicely caramelized.
- The butternut in the instant pot will break down and almost becomes the sauce here.

Stovetop Instructions (you will need 4-5 cups of warm stock)

1. ROAST BUTTERNUT: Toss the butternut with olive oil, salt and pepper and ROAST the butternut in a 400 F oven on a parchment-lined sheet pan until caramelized and tender 25-30 minutes. At the same time make risotto.
2. RISOTTO: In a large heavy-bottomed pot or Dutch oven, heat the olive oil over medium heat and add the washed leeks. Sauté until fragrant and tender, covering with the lid for a few minutes to let them steam a bit. Add garlic and sage, sauté 2 more minutes until fragrant.
3. Add the rice and sauté 1 minute, stirring. Add a splash of white wine, and cook this off. Add the salt, pepper and nutmeg. Add 1-2 cups warm stock (enough to cover the rice), stir and bring to a gentle simmer. Simmer until most of the liquid is absorbed. Continue adding broth 1 cup at a time, letting the rice absorb it slowly, stirring often over med-low heat, until the rice is plumped, slightly al dente, yet creamy, about 20-25 minutes. If adding kale, add it with the last cup of broth. If adding spinach, you can stir it in at the end. Keep the risotto thick and hearty or add more stock to loosen it up a bit.
4. Stir in the roasted butternut and spinach and optional cheese or butter. Taste, season and adjust salt and pepper. If bland, it probably needs more salt.
5. Garnish with the [leek oil](#) and [maple glazed pecans](#).