

## Bean and Shrimp Risotto

1 ½ cups onion, chopped	1 lb. peeled, deveined shrimp
4 cloves garlic, minced	1 cup snap peas
1 TBS olive oil	1 can kidney beans or ½ cups cooked dry-package kidney beans, rinsed, drained
3 to 4oz. mushrooms, sliced	1 medium tomato, chopped
1 ½ cups Arborio rice	
3 cans fat-free reduced-sodium chicken broth	
½ cup Parmesan or Asiago cheese	
salt & pepper to taste	

Saute' onion, garlic, & mushrooms in oil in large saucepan until tender, 5 to 8 mins.  
Stir in rice and cook 2 to 3 mins.

Heat broth to boiling in medium saucepan; reduce heat to low. Add 1 cup broth to rice and cook, stirring constantly, until broth is absorbed, 1 to 2 mins. Slowly add 2 cups broth and simmer, stirring, until broth is absorbed.

Add shrimp, snap peas and remaining broth to saucepan. Cook, stirring frequently, until rice is just tender and liquid is absorbed, 5 to 10 mins. Add beans and tomatoes; cook 2 to 3 mins. longer. Stir in cheese; season to taste with salt & pepper..