



## Slow Cooker Shrimp, Asparagus & Mushroom Farro Risotto

**Prep: 10 minutes**

**Slow Cook: 4½ hours • Serves: 8**

- ½ cup dried porcini mushrooms
  - 1¼ cups boiling water
  - 2 tablespoons PICS olive oil
  - 1 large leek, halved lengthwise and thinly sliced crosswise
  - 2 garlic cloves, minced
  - 1½ cups farro
  - 2 sprigs fresh thyme
  - 1 PICS bay leaf
  - 2½ cups PICS chicken or PICS vegetable stock or broth
  - ¼ cup white wine
  - ½ teaspoon PICS salt
  - ½ teaspoon PICS ground black pepper
  - 1 pound Market 32 raw 21-25 count peeled and deveined shrimp, thawed if necessary
  - ¾ pound asparagus, ends trimmed, cut crosswise into 1½-inch pieces (about 2 cups)
  - 1 cup PICS grated Parmesan cheese
- Chopped fresh Italian parsley, fresh cracked black pepper and lemon zest for garnish (optional)

**1.** Place mushrooms in small bowl; pour boiling water over mushrooms and let stand 30 minutes. Drain mushrooms reserving ¾ cup liquid; chop mushrooms.

**2.** In large skillet, heat oil over medium heat; add leek and cook 5 minutes or until slightly softened, stirring occasionally. Add garlic; cook 1 minute, stirring occasionally.

**3.** Add farro and leek mixture to 3½- to 4-quart slow cooker; stir to combine. Stir in thyme sprigs, bay leaf, stock, wine, salt, pepper, mushrooms and soaking liquid.

**4.** Cover and cook on low 4 to 4½ hours (or on high 3 to 3½ hours) or until almost all liquid is absorbed and farro is almost tender.

**5.** Stir in shrimp and asparagus; cover and cook on low 30 minutes longer or until shrimp turn opaque throughout and asparagus is tender, stirring occasionally. Turn off slow cooker. Remove and discard thyme sprigs and bay leaf. Stir in ¾ cup cheese. Cover and let stand 5 minutes. Makes about 8 cups.

**6.** Serve risotto sprinkled with remaining cheese, parsley, cracked pepper and lemon zest, if desired.

*Approximate nutritional values per serving:*

*287 Calories, 8g Fat (3g Saturated), 78mg Cholesterol,  
755mg Sodium, 31g Carbohydrates, 5g Fiber, 23g Protein*