

Low-Carb Spinach-Mushroom “Risotto”

Serves: 2–3 **Diet:** Gluten-Free, Keto, Grain-Free

Ingredients

- 1 tablespoon avocado oil
- ½ onion, chopped
- 1 clove garlic, minced
- 1 pint sliced baby portabella mushrooms
- 1 tablespoon cream cheese
- ½ jar Alfredo sauce
- 2 packets shirataki rice (rinsed and drained)
- 1 bag fresh spinach

Instructions

1. Sauté the aromatics

Heat a skillet over medium heat and sauté the chopped onion in the oil until soft and translucent.

Add the garlic and cook for about 30 seconds, just until fragrant.

2. Cook the mushrooms

Add the sliced baby portabella mushrooms and cook until they release their moisture and begin to brown.

This is where a lot of the flavor develops, so let them get nice and golden.

3. Make the creamy sauce

Stir in the cream cheese and Alfredo sauce, mixing until everything melts together into a smooth, creamy sauce.

4. Add the shirataki rice

Rinse and drain the shirataki rice, then add it to the pan.

Let it simmer in the sauce for a few minutes so it can **absorb the garlicky mushroom flavor**.

5. Finish with spinach

Fold in the fresh spinach and cook just until wilted.

Serve immediately while creamy and hot.