



## Creamy Mushroom Faux-sotto



1/4th of recipe (about 1 cup): 205 calories, 2.5g total fat (0.5g sat. fat), 585mg sodium, 39g carbs, 3.5g fiber, 5g sugars, 7.5g protein

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**Prep:** 15 minutes    **Cook:** 45 minutes



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### Ingredients

2 cups finely chopped cauliflower  
1 1/2 cups fat-free vegetable broth  
1 1/2 cups thinly sliced baby bella mushrooms  
1 1/2 cups thinly sliced white mushrooms  
1 cup diced onion  
3/4 cup uncooked brown rice  
1 tsp. chopped garlic  
1 tsp. Italian seasoning  
1/4 tsp. salt, or more to taste  
1/8 tsp. black pepper, or more to taste  
4 tsp. reduced-fat Parmesan-style grated topping  
2 wedges The Laughing Cow Light Creamy Swiss cheese  
Optional garnish: chopped parsley

### Directions

In a medium-large nonstick pot, combine all ingredients *except* Parm-style topping and cheese wedges. Add 3/4 cup water. Stir until well mixed. Bring to a boil.

Reduce heat to medium low. Cover and simmer for about 35 minutes, until rice is cooked and veggies are tender.

Add Parm-style topping and cheese wedges, breaking the wedges into pieces. Cook and stir until cheese has melted and is evenly distributed. Serve and enjoy!

**MAKES 4 SERVINGS**

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