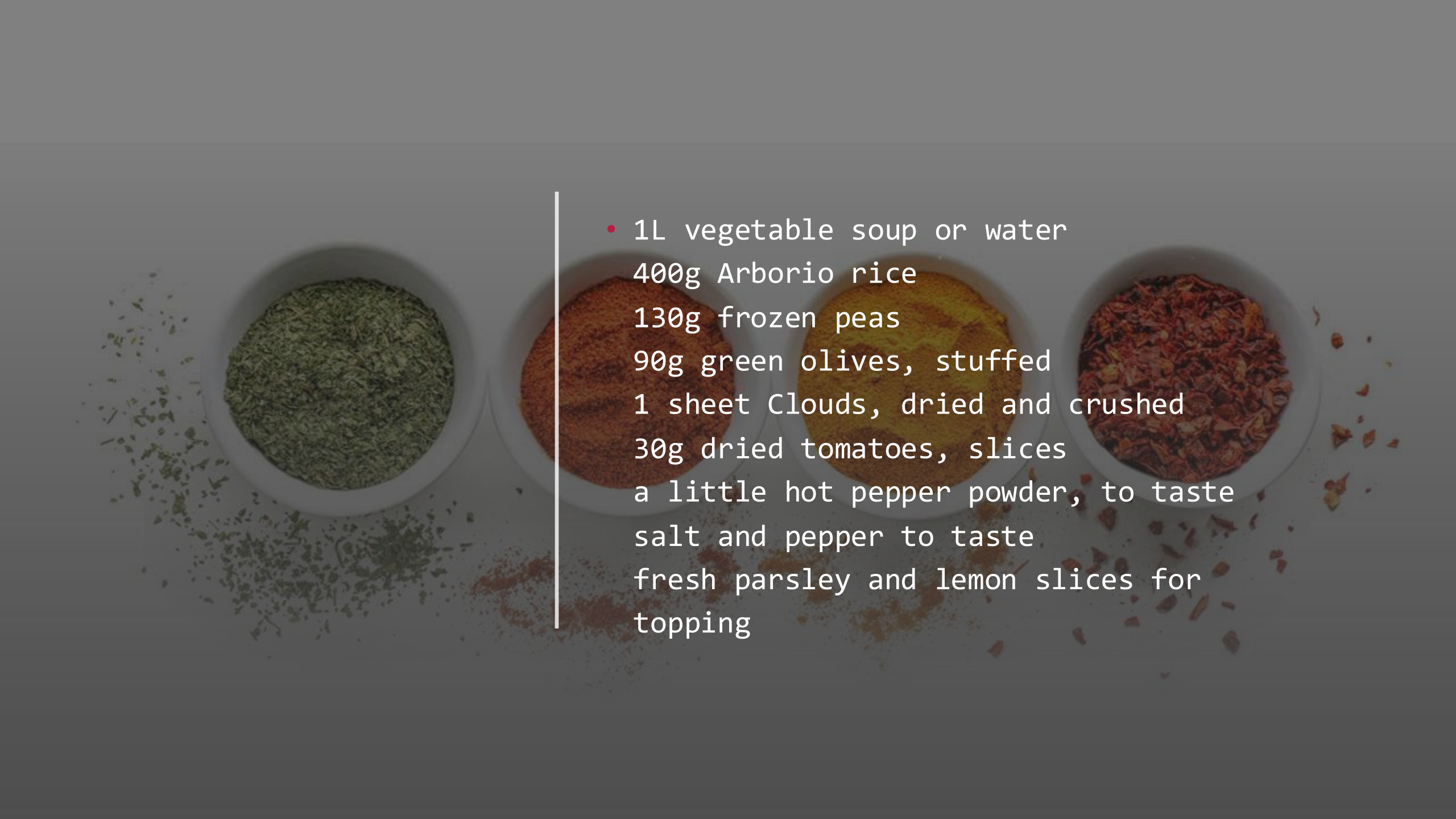
HEALTHY,FIT AND NEVER QUIT!

STÎNGĂ MARIA-DIANA

VEGETARIAN PAELLA

- Ingredients
- 3 tablespoons olive oil
- 500g Pleurotus mushrooms - I only used the tails, the hard part of the mushrooms, cut into small discs, and I kept the rest for some pulled "pork" burgers
- 1 large onion, diced
- 4 cloves garlic, chopped
- 2 red Capia sweet peppers, sliced
- 250ml dry white wine
- 1 teaspoon of paprika
- a saffron powder
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- 1L vegetable soup or water
  400g Arborio rice
  130g frozen peas
  90g green olives, stuffed
  1 sheet Clouds, dried and crushed
  30g dried tomatoes, slices
  a little hot pepper powder, to taste
  salt and pepper to taste
  fresh parsley and lemon slices for topping

INSTRUCTIONS

Add 2 tablespoons of olive oil to a large pan and put it on medium heat. When it is hot, add the mushrooms and cook them for 7 minutes, stirring occasionally, until lightly browned. Remove the mushrooms from the pan and transfer them to a plate.Add the rest of the oil to the pan, when it is hot, add the onion. Cook it until it becomes soft and translucent, about 4 minutes, then add the garlic and cook for another 2 minutes, until the flavor becomes strong. Add the Capia pepper to slices and cook for another 3 minutes.Add the wine, paprika, chili and saffron. Let the liquid boil, then shrink the flame and let it boil for 10 minutes, stirring occasionally.

- Add the cooked mushrooms to the pan. Add the broth, rice, peas, olives. Leave them on the fire, without a lid.
- After 10 minutes, stir to evenly distribute the rice and add Clouds, dried tomatoes, salt and pepper to taste. Smooth the surface, then let it boil for about 10 minutes, until the rice softens.
- Turn off the fire and let the paella "rest" 5 minutes before serving. Garnish with parsley and serve with lemon slices.

