

Savory Oatmeal

Serves 4-6



VEGAN



VEGETARIAN



DAIRY FREE



Ingredients

- 1 cup steel cut oats
- 3-4 cups vegetable broth
- Extra virgin olive oil
- 1 yellow onion, diced
- 3 cups mushrooms, sliced (about 10 oz., or 12-15 medium mushrooms)
- 1 bunch greens, such as chard or spinach, roughly chopped

Optional additions:

- Egg, poached or pan-fried
- Low-sodium tamari
- Sesame seeds
- Sliced green onion
- Hot sauce or crushed red pepper
- Fresh thyme, minced

Directions

1. In a saucepan, heat oats and broth. Bring to a boil, then reduce heat and simmer for about 20-30 minutes, or until oats reached desired texture, stirring occasionally.
2. Meanwhile, heat a skillet over medium heat and add oil. Add onions and cook for 1-2 minutes. Add mushrooms and cook until onions become translucent. Add greens and turn the heat to low, mixing the vegetables until the greens are wilted.
3. Combine cooked oats with vegetables and serve with optional ingredients of your choice.

Notes

Substitute the veggies for any other topping of choice.

To reheat, add 1- 2 tablespoons broth or water and microwave for 1-2 minutes.

Recipe from Cooking Well Berkeley class: Breakfast, Spring 2015