

Savory Oatmeal

Instructions

1. In a medium saucepan, add 2 teaspoons of toasted sesame oil or olive oil. Add the garlic and sauté for 1 minute. Add the mushrooms and sauté until soft.
2. Add the vegetable broth and bring to a boil.
3. Add the oats and cook until soft. Stir occasionally.
4. When the oatmeal is cooked, add the chopped spinach and stir to combine. Add salt and pepper to taste.
5. Add any toppings you'd like before serving. A fried or hard-boiled egg, Parmesan cheese, avocado, chopped nuts, sriracha, lime juice, or salsa would be great options to consider adding!

Ingredients

- 2 teaspoons of toasted sesame oil or olive oil
- 1 garlic clove, minced
- 3-4 mushrooms, chopped
- 1 ½ cups of vegetable broth
- ½ cup of oats
- ½ cup of spinach, chopped
- Salt and pepper

Grocery List

Produce

- Garlic
- Mushrooms
- Spinach

Pantry

- Toasted sesame oil or olive oil
- Vegetable broth
- Old-fashioned rolled oats
- Salt and pepper

Optional Toppings

- Eggs
- Parmesan cheese
- Avocado
- Nuts
- Sriracha
- Lime juice
- Salsa