

Savory Mushroom & Spinach Steel Cut Oats | Steel Cut Oat "Risotto"

- Total Time: 55 minutes
- Cook Time: 40 minutes
- Serves: 4

Ingredients:

- 3 gloves garlic (minced)
- 1 small onion (diced)
- 2 cups of white button mushrooms (chopped)
- 1 cup of fresh spinach (roughly chopped)
- pomegranate molasses (1 tbsp)
- 4 cups water
- salt
- pepper
- paprika (1tsp)
- steel cut oats (1 cup)

Method:

1. Sauté the garlic in olive oil until fragrant.
2. Add the onion and lightly fry until translucent.
3. Stir in the mushrooms. Cover and cook on low heat for 5 mins.
4. Next, add the oats and stir around a bit.
5. Add the water, bring to a boil and cover. Continue cooking on low for 25 mins, or until most of the liquid is absorbed.
6. Stir in the spinach and continue cooking on low for an additional 5 mins.
7. Lastly, add the salt, pepper and pomegranate molasses for an additional burst of flavor.
8. Get your glass of wine and enjoy it with this protein packed

healthy one bowl meal or snack!