

Savory Oats

Switch up your morning oats with these delicious and comforting savory oats. Ready in only 5 minutes!

Prep:
0 minutes

Cook:
5 minutes

Ready In:
5 minutes

Servings:
1



Ingredients

1/2 cup rolled oats
1 cup water
2-3 cups mixed veg (bell pepper, onion, mushrooms)
1/2 cup pinto or black beans, rinsed and drained
1/2 small avocado
salsa or hot sauce
1/4 tsp chili powder
1/4 tsp garlic powder
salt to taste

Instructions

- 1 In a saucepan over medium heat add in your veggies and saute in 1-2 tbsp of water for a minute or so.
- 2 Add in your oats, water, and seasonings. I like to also add in 1/2 cup of cauliflower rice at this point (this is optional) because it really bulks up the oats a lot and makes them really creamy.
- 3 Cook 2-3 minutes over high heat until the oats absorb all the water. Then add the oats to a bowl, top with beans, avocado, salsa or hot sauce. Enjoy!