

Savory Oatmeal Bowl

A hearty and savory twist on traditional oatmeal, perfect for a satisfying meal any time of day.



Main Dish

15 min

Total time

Easy

Difficulty

250

kcal / serving

Ingredients

- 1/2 cup rolled oats
- 1 cup vegetable broth
- 1/4 cup diced bell pepper
- 1/4 cup chopped spinach
- 1/4 cup cherry tomatoes, halved
- 1/4 teaspoon garlic powder
- Salt and pepper to taste
- 1 tablespoon olive oil

Steps

- 1 In a saucepan, heat olive oil over medium heat.
- 2 Add diced bell pepper and sauté until slightly softened.
- 3 Stir in rolled oats and toast for 2 minutes.
- 4 Pour in vegetable broth and bring to a simmer.
- 5 Add cherry tomatoes, spinach, garlic powder, salt, and pepper.
- 6 Cook for 5-7 minutes or until oats are tender.
- 7 Adjust seasoning if needed.
- 8 Serve hot and enjoy!