Pickles & Honey

VEGAN SAVORY OATMEAL

Craving comfort food, feeling lazy, or really need to go grocery shopping? Vegan savory oatmeal to the rescue! It's a great vehicle for eating more greens and you probably have everything you need to make it. Feel free to play around with the spices and toppings—almost anything goes!

Ingredients:

For the savory oatmeal:

- 1/2 cup gluten-free, old-fashioned rolled oats
- 3/4 cup plain non-dairy milk (I prefer almond or cashew milk)
- 3/4 cup vegetable broth
- 1 tablespoon nutritional yeast
- 1/4 teaspoon turmeric
- 1/4 teaspoon chili powder
- 1/8 teaspoon garlic powder
- 1/8 teaspoon onion powder
- sea salt to taste
- 1-2 large handfuls of greens (e.g., kale, baby spinach)

Optional toppings:

- diced avocado
- sliced green onion
- salsa
- sriracha
- sprouts
- crumbled veggie burger
- brown rice crackers
- lightly toasted seeds or nuts

Instructions:

- Combine all of the savory oatmeal ingredients, except the handful of greens and salt, in a medium saucepan and bring them to a boil over medium-high heat.
- Reduce the heat to medium-low and cook the oats for 6-8 minutes, stirring frequently, until they have thickened.
- Add in your greens of choice, salt to taste, and continue to stir for an additional minute or two, until the greens are slightly wilted. Transfer the oats to a bowl and add whatever toppings you like.

Note:

You can adjust the amount of water and non-dairy milk for either a thicker or more creamy texture.

Editor's Note: Your fridge and pantry, and your imagination, are the only limits on savory oatmeal. Feel free to add leftover veggies or thawed frozen veggies, or to cook up some fresh veggies. Using fresh veggies may add a step to the recipe, as you may want to sauté them separately, depending on how much cooking time they need.





Pickles & Honey is the website of Amanda and Aaron who "take favorite recipes and simplify them to the essentials, always with a plant-based twist." Though the site is not named for the ingredient (for a dog, rather!), some of the recipes do use honey, and some do use oil or other processed ingredients like vegan butter. These are fairly easy to work around if you are vegan and WFPB.

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