



BREAKFAST | PEAK SEASON: All Year

Savory Oatmeal

Recipe by: Kiandra Call

A comforting, savory twist on oats. This fiber rich, heart healthy breakfast bowl is full of nutrients and is well balanced to promote stable blood sugar levels.

Nutritional Info

Makes 3 servings

Calories: 245

Carbs: 34g

Fiber: 7g

Protein: 9g

Fat: 8g

Sugar: 3g

Sodium: 300mg (depending on broth used)

Ingredients

Oatmeal

- 1 cup rolled oats
- 2 cups of veggie broth
- ¾ cup of cooked beans
- pinch of salt
- 1-2 gloves of minced garlic

Veggies

- 1 cup of sliced mushrooms
- 1 cup of chopped greens
- 1 tbsp olive oil

Toppings

- Squeeze of lemon or lime juice
- Black pepper
- Boiled egg (optional)

Instructions

1. Blend beans and broth until smooth
2. In a saucepan, warm olive oil and sauté garlic with mushrooms.
3. Add greens and cook until wilted
4. Pour in bean broth and bring to a simmer.
5. Stir in oats and cook until creamy, about 5-7 minutes
6. Finish with lemon, pepper and micro greens
7. Optional- add a boiled egg for more protein and heart healthy cholesterol.

Additional Info

Beans add creaminess while increasing protein and fiber to support cholesterol management and digestive health. This is a great way to use leftover beans. Blending the beans into the broth adds creaminess without needing heavy cream or excess saturated fats.

Mushrooms and leafy greens provide antioxidants, potassium, and vitamin K.

This recipe is easily customizable, feel free to use your favorite herbs, veggies or leftover produce to make a delicious balanced breakfast bowl.

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