



## **Savory Oatmeal**

### **Ingredients:**

**1 cup rolled oats**

**1 cup whole milk, milk substitute, or water**

**2-3 Tbsp olive oil**

**1/2 cup onion, chopped**

**2 garlic cloves, minced**

**1/2 cup celery, chopped (stems and leaves)**

**1 handful of shiitake mushrooms, chopped**

**1/2-1 chili pepper chopped**

**salt and pepper**

**\*kick it up a notch with a sprinkle of onion powder, turmeric,  
and oregano if you have these in your pantry**

### **Directions:**

**Put your oats and milk in a medium sauce pan to cook on the stove top over medium heat.**

**Chop onion, celery, and mushrooms. Mince garlic. Chop red chili if using.**

**In a skillet, add some olive oil and cook the onion, garlic, chili pepper, and celery for about 5-7 minutes, allowing these to soften and become fragrant.**

**Add mushrooms and continue to cook, stirring to keep everything from burning to the pan.**

**Keep an eye on your oats. If they are soft and cooked, turn the heat off.**

**Once your vegetables are soft and cooked, combine them with the oats.**

**Add some salt and pepper to taste. Stir and enjoy warm! Excellent at any meal.**