

Cuban-Style Black Bean Oatmeal with Plantains



Ingredients

- 1 cup Quaker® Steel Cut Oats - Quick 3-Minute
- 2 tbsp olive oil
- 2 pieces firm, ripe plantains, peeled and sliced into 2
- 1 whole large onion, diced
- 1 whole green pepper, diced
- 1/2 cup chicken broth/stock
- 2 15 oz cans of black beans, rinsed and drained
- 1 tsp cumin
- 1 pinch salt & pepper to taste

How to make it

1. Prepare oats as usual and set aside.
2. Heat 1 tablespoon olive oil in a medium skillet over medium heat. Cook plantains for 4-5 minutes until golden and slightly browned, turning once after 2 minutes.
3. Remove from heat. Heat remaining 1 tablespoon olive oil over medium heat and sauté the onion and green pepper 5-7 minutes until onion is translucent and beginning to brown.
4. Add the beans, chicken stock, cumin, salt and pepper, and cook for 5-8 minutes more, until beans are heated. Top oatmeal with black beans and plantains.
5. If desired, garnish with fresh cilantro, sliced avocado and cheese.

| PREP TIME | COOK TIME | TOTAL TIME | SERVINGS |
|-----------|-----------|------------|----------|
| 5 min | 20 min | 25 min | 4 |

Made with



Quaker® Steel Cut Oats - Quick 3-Minute