

Vegetable Oatmeal Pilaf

Ingredients

- 1/2 cup chopped mushrooms
- 1/2 cup chopped green or red bell pepper
- 1/2 cup sliced green onions
- 1 tbsp vegetable oil
- 1 ¾ cups Quaker® Oats (quick or old fashioned, uncooked)
- 3/4 cup low-sodium chicken broth

How to make it

1. Sauté mushrooms, pepper and onion in oil 2 to 3 minutes.
2. Mix oats until oats are evenly coated.
3. Add oats to vegetable mixture in skillet; cook over medium heat until oats are dry and separated, about 5 to 6 minutes.
4. Add broth; reduce heat to medium-low.
5. Continue cooking 2 to 3 minutes for quick oats (3 to 4 minutes for old fashioned oats) or until liquid is absorbed.
6. Serve immediately.



PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
5 min	10 min	15 min	1

Made with



Quaker® Oats-Old Fashioned