

Oatmeal Risotto

Serves: 2

- 1 cup rolled oats
- 3 cups bone broth
- 2tbsp Tomato mother sauce
- ½ cup diced Zucchini
- ½ cup diced peppers (red, yellow, or green)
- ¼ cup diced onions
- ¼ cup sliced green onions
- 1 tsp chopped garlic
- ½ tsp ground cumin
- 1 small pinch saffron (optional)
- ¼ cup toasted mixed nuts
- ¼ cup grated or shaved Parmesan cheese
- Salt & pepper to taste
- 1tbsp coconut oil

Preparation

- Heat a sauté pan over medium. Add coconut oil followed by onions, peppers, zucchini, sauté for 2 minutes
- Add garlic, continue to sauté for 2 additional minutes, add oats, cumin & saffron. Stir fry until everything is mixed well
- Add bone broth, bring to a simmer stirring frequently. You may need additional liquid depending on the oat brand, but consistency should be like the breakfast oat porridge. Season with salt & pepper to taste, add tomato mother sauce and mix well
- Serve on its own in a dinner bowl or as a side dish. Garnish with parmesan, toasted nuts & green onion