Savory Oatmeal with Beans and Cheese

Three savory breakfast or light-meal bowls · Active 15 min · Total 35 min

Skills: Cooking plain oats into savory porridge without crushing the beans

Ingredients

- 1 tablespoon neutral oil (15 ml)
- 1 small onion, finely chopped (100 g)
- 1 7/8 cups plain old-fashioned rolled oats (150 g; weight controls)
- 3 cups water (720 ml), plus up to 1/2 cup/120 ml if needed
- 1 can cooked white beans, 15 oz/425 g net, drained and rinsed (240 g drained)
- 1/4 teaspoon fine salt (1.5 g)
- 1/4 teaspoon black pepper (0.5 g)
- 2/3 cup grated cheddar (60 g)

Set out

Heavy saucepan, at least 2 qt/2 L, Wooden spoon, Strainer, Three serving bowls

Allergens

milk. Check labels and substitutions.

Make it

1. Heat oil in the saucepan over medium heat. Cook onion for 7–8 minutes until tender. Add oats and stir for 30 seconds.

2. Pour in 720 ml water and add salt and pepper. Bring to gentle bubbling, lower heat and cook for 5 minutes, stirring from the bottom.

3. Fold in drained beans. Continue cooking for 3–5 minutes, or until the oats have completed their full packet time and beans are hot. Add extra water 1 tablespoon/15 ml at a time if the porridge is becoming stiff before the oats are tender.

4. Remove from direct heat and stir in cheddar until melted. Divide all the oat-and-bean mixture among three bowls and serve warm.

A light meal stated honestly

The pot makes three oat-and-bean breakfasts or light meals. Portion labels do not assume unlisted toast, eggs or meat.

Ingredient labels

Cheddar supplies milk. Oats can have wheat/barley cross-contact; check oat and canned-product labels. This is not a gluten-free claim.

A useful detail

Plain rolled-oat packet times vary. The 35-minute total includes softening the onion; instant flavored packets are not a direct substitution.

Keep it well

Refrigerate shallow portions within 2 hours, or 1 hour above 90°F/32°C, at 40°F/4°C or below and use within 3 days. Reheat a portion to 165°F/74°C throughout. The porridge becomes firm when cold; loosen with a little water while reheating. Freezing is possible for up to 1 month after prompt cooling, but produces a softer bean texture.