



Whole oat groats and vegetable stew

Ingredients (serves 2)

90 g whole oat groats	100 g cauliflower
1 L water or vegetable stock	85 g green beans
½ green pepper	Cumin
½ onion	Paprika
½ courgette	Extra virgin olive oil
Salt (skip in case of hypertension or fluid retention)	Black pepper

Method

1. Peel and chop the onion very finely.
2. Wash the courgette and green pepper and cut them into squares.
3. Wash and cut the beans and cauliflower into 1-inch pieces approximately.
4. Sauté the pepper and courgette in a pan with olive oil.
5. Add the onion and lower the heat. Cook at low heat until soft, add the water or stock, and boil for two minutes
6. Add the oats. Stir and add salt, pepper, cumin and paprika.
7. After thirty minutes of cooking, add the cauliflower. Add more water or stock if the stew is drying out.
8. Cook for twenty to thirty more minutes at low heat, when the oat groats are fully cooked, remove from heat and serve

Recommendations

Substitute oat groats for brown rice, quinoa, barley, etc., considering that cooking time will depend on the cereal used.