

Lunch | Dinner

Southwest Oat Bowl

5 Mins
Prep Time

7 Mins
Cook Time

4
Servings

 **239** Calories **9g** Fat **28g** Carbs **13g** Protein

Ingredients

 **4 Servings**

 **12 Mins** Total Time  **Allergens: Eggs, Gluten**

2 Cups Low-Sodium Vegetable Broth

½ Tsp Chili Powder

¼ Tsp Ground Cumin

1 Cup Rolled Oats 

1 Cup Cooked Black Beans, drained and rinsed 

½ Avocado, seeded, peeled, and sliced 

¼ Cup Fresh Pico De Gallo or Salsa

2 Tsp Fresh Cilantro, chopped

4 Eggs, scrambled 

Salt and Pepper, to taste

Allergen Swap

Eggs Omit the eggs in this dish.

Gluten Oats are naturally gluten-free. For those with celiac disease look for certified gluten-free oats.



Nourishment Note



Oats

Oats provide a gluten-free source of soluble fiber, an important nutrient for gut health. Oats are also a complex carbohydrate that provides your body with the energy it needs to function it's best.



Black Beans

Black beans contain a type of fiber important to helping lower cholesterol levels, reducing the risk of heart disease. Black beans may also help lower inflammation and reduce pain associated with multiple sclerosis.



Eggs

Eggs are an excellent source of lean protein, to help grow new cells. They also contain lutein that may promote eye health and choline important for memory.



Avocado

Avocados are both a fruit and a fat, and contain a variety of vitamins, minerals, and antioxidants to help keep your body working it's best.

Instructions

1. Cook the Oats

In a medium-sized saucepan bring the vegetable broth, chili powder, and cumin to a boil. Stir in oats. Reduce heat. Simmer uncovered for about 5 minutes, stirring occasionally. Stir in black beans.

2. Cook the Eggs

While the oats are cooking, cook the eggs. For this recipe we made scrambled eggs, but fried or poached would work well.

3. Let Stand

Remove the oats from heat. Cover and let stand for 2 minutes. Season with salt and pepper to taste.

4. Serve

Spoon oats and eggs into 4 bowls. Top with avocado, pico de gallo, and cilantro.

Recipe adapted from
Forks Over Knives Spring 2019 Cookbook Recipe

What You'll Need



Can Opener



Measuring Cup



Medium-Sized Saucepan with Lid



Skillet



Spatula



Cutting Board



Knife



Mixing Spoon

Fatigue Buster

- Beans: Use canned black bean to reduce preparation time.
- Pico De Gallo: Look for pre-made versions in the deli section or use jarred salsa.
- The oats and bean mixture can be made in advance and enjoyed during the week.