

Stovetop Oatmeal

Swick

Serves 2 to 3 | Active Time: 5 minutes | Total Time: 15 minutes

Step 1: Gathering Your Mise en Place

- 2 cup old fashioned oats*
- 3 cup water
- 1/4 tsp sea salt
- cinnamon, optional
- brown sugar, optional
- raisins, optional

Note: For more texture, we prefer to use old-fashioned oats (also known simply as rolled oats). However, quick oats can be used instead. Just note that the texture will be a bit softer and the cooking time will be shorter.

To adjust the amount you are making simply use a three-to-two ratio of water to rolled oats.

Step 2: Cooking the Oatmeal

To cook the oatmeal, in a medium saucepan, bring the water and salt to a boil over medium-high heat.

Once the water boils, reduce the heat to low and then add the oats and stir to combine. If desired, a bit of ground cinnamon, a tablespoon or so of sweetener and/or raisins can be added at this point as well.

Let the oatmeal simmer for approximately 5 minutes, stirring occasionally.

Lastly, cover the pot and let the oatmeal rest for 5 minutes.

Step 3: Serving the Oatmeal

- brown sugar, optional
- 1/4 non-diary milk, optional
- fresh berries, optional

To serve the oatmeal, remove the lid from the pot and stir to combine.

Spoon the oatmeal into bowls and top with your favorite toppings.

Chef's Notes

Additional Flavoring Ideas:

Fruit:

- diced or sliced fresh fruit (such as bananas, apples and/or pears)
- fresh or frozen berries
- dried fruit (such as raisins, cranberries, cherries or chopped apricots or dates)
- applesauce, jams or preserves

Nuts or seeds:

- almonds, pecans, walnuts, hazelnuts, or pistachios
- sesame seeds, ground flaxseeds, chia seeds, pumpkin or sunflower seeds

Spices:

- cinnamon
- nutmeg
- ginger
- cardamom

Sweeteners:

- brown sugar
- maple syrup
- dates or date paste

Think outside the box by topping your oatmeal with a dollop or two of things like peanut or almond butter — or try a fun combo like apricot jam, pistachios and tahini paste. You can even go savory and top your oatmeal with the things like peas, black pepper, Plant-Based Parmesan and/or nutritional yeast. Other savory ingredients you might want to try are avocados, sautéed mushrooms and/or spinach, roasted sweet potatoes, olive oil, sun-dried tomatoes — the list goes on.

Any leftover oatmeal will keep for several days in the refrigerator. As any leftover oatmeal will become quite solid, a good tip is to mix in a bit of extra water to the leftover oatmeal before storing it.

Alternative Cooking Method:

Soak the oats overnight at room temperature, with a bit less water and then follow the same cooking method — reducing the cooking time.