



Steel-Cut Oatmeal 3 Ways

Recipe Source: www.thekitchn.com

4 servings

Ingredients:

3 cups water (up to 4 for creamier oatmeal)
1 cup steel-cut oats
Dash salt

Traditional method:

- Bring water to boil in a saucepan over high heat. Stir in oats and salt.
- Return to a rolling boil (just a few seconds). Reduce heat to low to keep oats barely simmering. Simmer 20-30 minutes, stirring occasionally, until oats are tender. Longer cooking will make thicker oatmeal.
- Serve immediately or let oats cool then refrigerate, covered, for up to one week. Reheat with a little milk or water.

Quick-cook overnight variation:

- Combine oats, water, and dash salt in a 2-quart saucepan. Bring to a rolling boil over medium heat.
- Turn off the heat and cover the pan. Leave it on the stove overnight.
- In the morning, reheat the entire batch of oatmeal on the stove or individual servings in the microwave. For a thinner, creamier oatmeal, stir in milk before reheating.

No-cook variation:

This method yields a chewy texture, similar to a very dense cold cereal.

- Substitute 2 cups low-fat milk for the water. Pour oats and milk into a container with a lid.
- Stir in any desired toppings (see tips below), cover, and refrigerate overnight.
- In the morning, give the oats a quick stir and serve.

Tips from the Test Kitchen: Be creative with your toppings – raisins or other dried fruits, chopped fresh fruit, nuts, peanut butter, cinnamon, and vanilla extract will add variety and make your oatmeal more filling. All of these methods are perfect for portioning single servings in advance for a week of easy grab-and-go breakfasts!

Nutritional Facts (per serving, no toppings): Calories: 150, Carbohydrates: 27 grams, Protein: 5 grams, Total Fat: 2 grams, Saturated Fat: 0 grams, Cholesterol: 0 mg, Sodium: 80 mg, Fiber: 4 grams, Total Sugars: 1 grams.