



Classic and Essential Nutrition
A Corporate Nutrition & Healthy Lifestyles Consultancy



Steel-Cut Oatmeal “Risotto” with Shiitake Mushrooms (4 servings)

Ingredients

2 cups Steel-cut Oatmeal,	1 cup Vegan cream cheese
4 cups Vegetable Stock	1/2 cup Vegan Parmesan
1 Tbsp Olive Oil	1/3 cup Nutritional yeast
1 medium Onion - chopped	3 Tbsps Vegan Butter
5 cups Shiitake Mushrooms - sliced	Fresh Parsley - chopped
3 Tbsps Garlic - crushed	Sea Salt (<i>to taste</i>)
3 cups Soy milk	Black Pepper (<i>to taste</i>)

Preparation

- Add 4 cups of vegetable stock, to the oatmeal, cover and simmer for 30 minutes. Stir constantly, until the broth is mostly absorbed.
- Pour the olive oil into a pot, on medium high heat. Add the chopped onion and sauté until softened.
- Add the sliced mushrooms and garlic. Place the lid on the pot and cook the mixture for a few minutes, until the mushrooms have released some of their water. Remove the lid and allow the onions, mushrooms and garlic to cook for another 2 minutes.
- Add oatmeal, along with 1½ cups of the soy milk and cook for 5 minutes. Then add the cream cheese, stirring constantly until it has melted. Stir in the Parmesan cheese, nutritional yeasts and vegan butter, until creamy.
- If the “risotto” is too thick, add the remaining soy milk until you get a creamy consistency.
- Once you’ve reached the creamy consistency you desire, top off with freshly chopped parsley and serve.