

PICCADILLY BOWL

Recipe Source: *How to Prevent and Reverse Heart Disease* by Dr. Caldwell Esselstyn

1 cup steel-cut oats
1 medium onion, chopped
4 cloves garlic, minced
8 ounces mushrooms, sliced
1 bunch kale, stripped and chopped (about 4 cups)
2 cups broccoli, chopped
1 large bell pepper, chopped
3 cups vegetable broth
6 tablespoons nutritional yeast
2 cups frozen corn
Salt and pepper, to taste
8 shakes Cholula hot sauce, or to taste

- In a large frying pan over medium-high heat, toast the oats until golden and fragrant, about 3 minutes. Stir frequently. Transfer to a bowl and set aside.
- In the same pan over medium-high heat, add the onions and continue stirring for about 3 minutes until they soften and begin to brown. Add drops of water or vegetable broth to pan to prevent sticking.
- Stir in garlic and mushrooms, cook for 1 to 2 minutes. Add drops of liquid as needed.
- Add kale to the pan and continue stirring. Add broccoli and red pepper, and cook until the kale is reduced by half, about 5 more minutes.
- Add the oats, broth, and nutritional yeast. Bring to a boil, reduce heat to low, cover and simmer for 25 minutes until most of the liquid is absorbed.
- Add the corn, salt/pepper and Cholula hot sauce, stir and serve.

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