



Cuban-Style Black Bean Oatmeal with Plantains



SERVINGS



COOKING TIME

4

30 minutes

Oatmeal isn't just for breakfast! Whip up this savory oatmeal recipe for lunch or dinner. Cuban-Style Black Bean Oatmeal with Plantains is a unique and delicious meal option that you can make in less than 30 minutes.

Ingredients

- 1 Cup(s) [Quaker® Steel Cut Oats - Quick 3-Minute](#)
- 2 Tablespoon(s) Olive Oil
- 2 piece(s) firm, ripe plantains, peeled and sliced into 2
- 1 Whole large onion, diced
- 1 Whole green pepper, diced
- 1/2 Cup(s) chicken broth/stock
- 2 15 Ounce(s) cans of black beans, rinsed and drained
- 1 Teaspoon(s) Cumin
- 1 Pinch(s) Salt & Pepper to taste

Cooking Instructions

1. Prepare oats as usual and set aside.
2. Heat 1 tablespoon olive oil in a medium skillet over medium heat. Cook plantains for 4-5 minutes until golden and slightly browned, turning once after 2 minutes.
3. Remove from heat. Heat remaining 1 tablespoon olive oil over medium heat and sauté the onion and green pepper 5-7 minutes until onion is translucent and beginning to brown.
4. Add the beans, chicken stock, cumin, salt and pepper, and cook for 5-8 minutes more, until beans are heated. Top oatmeal with black beans and plantains.
5. If desired, garnish with fresh cilantro, sliced avocado and cheese.