



Mushroom Oatmeal With Spinach And Thyme



SERVINGS

4



COOKING TIME

25 min

Whether you're a mushroom lover or just looking to switch things up in the morning, this savory oatmeal recipe is a must try. This Mushroom Oatmeal recipe is a great breakfast option with tasty flavors that can be enjoyed any time of the day.

Ingredients

- 2 cups [Quaker® Oats-Old Fashioned](#)
- 2 tsp extra-virgin olive oil
- 1/2 small yellow onion finely chopped (about cup)
- 1 8 oz package baby portobello mushrooms sliced
- 1/4 tsp salt
- 1/4 tsp freshly ground black pepper
- 2 garlic cloves minced
- 2 cups low-sodium chicken broth
- 1 tbsp fresh thyme leaves
- 2 cups fresh spinach leaves
- 1/4 cup grated Parmesan cheese
- 4 large eggs optional

Cooking Instructions

1. In a large Dutch oven or a deep sauté pan, heat the olive oil over medium-high heat.
2. Add the onions and cook, stirring frequently, until just beginning to soften, about 2 minutes.
3. Add the mushrooms and cook, stirring frequently, until softened, about 8 minutes.
4. Add the salt and pepper; stir.
5. Add the garlic and cook, stirring constantly, for 30 seconds.
6. Add the oats and stir until toasted and fragrant, about 2 minutes.

7. Add the chicken broth along with 2 cups water and the thyme and bring the pan to a simmer. Let the oats cook, stirring often, until they have absorbed almost all of the liquid, about 12 minutes.
8. Stir in the spinach, 1 cup at a time, and allow it to wilt into the thickened oatmeal.
9. Season to taste with salt and pepper.
10. Serve each portion topped with 1 tbsp grated Parmesan cheese and additional fresh thyme, if desired.
11. Optional, for a heartier meal: Spray a large nonstick skillet with cooking oil and set it over medium-high heat.
12. Once hot, add the eggs and cook until the whites are opaque and the yolk is set but still runny (or to your desired doneness), 6 to 8 minutes.
13. Serve 1 fried egg on top of each oatmeal portion.