



# Steel Cut Oat Vegan Paella



**SERVINGS**

6



**COOKING TIME**

20 minutes

## Ingredients

### Staples

- 1/2 cup warm water
- 2 tablespoons extra-virgin olive oil
- 1 cup low sodium vegetable stock
- 2 cups cooked [Quaker Steel Cut Oats](#)

### Veggies

- 1 onion, minced or diced small
- 1 bulb fennel, diced
- 1/2 pound asparagus, cut into 1-inch pieces
- 1/2 pound green beans, trimmed and halved lengthwise
- 4 cloves garlic, minced
- 1 can (14-ounce) artichoke hearts, drained and rinsed
- 1 large tomato, diced small

### Flavorings

- 1 teaspoon saffron
- 1 teaspoon kosher salt
- 1/4 teaspoon ground black pepper
- 1 1/2 teaspoons sweet or smoked paprika
- 1/8 teaspoon cayenne
- 1 sprig rosemary
- Juice of 1/2 lemon (note: this may vary depending on taste preference)

## Cooking Instructions

1. In a small bowl, lightly crush saffron and add water, mixing well. Set to the side.
2. In a large skillet over medium-high heat, add oil. Once hot, add onion and fennel and sauté approximately 3 minutes.
3. Add asparagus and green beans and sauté 2 minutes.
4. Add garlic, salt, pepper, paprika, and cayenne and sauté 30 seconds.
5. Add saffron water and deglaze pan, scraping up any bits stuck to the bottom of the pan.
6. Add artichoke hearts, tomato, and vegetable stock. Mix together well, bring to a boil, then lower heat and simmer for 10 minutes.
7. Add oats and mix together well. Allow to simmer for 5 minutes.
8. Add lemon juice, mix well, and serve.