



Steel Cut Oat Vegetarian Paella



SERVINGS

4-6



COOKING TIME

30 min

Steel Cut Oat Vegetarian Paella is our take on the classic Spanish dish. This recipe for a comforting vegetable paella is hearty, flavorful, and a unique way to enjoy oats for lunch or dinner. Loaded with spices and vegetables, this savory meatless dish will have your mouth watering.

Ingredients

- 1/2 tsp saffron threads (about 12-20 threads)
- 3 tbsp water, warm
- 2 tbsp olive oil
- 2 bell peppers (any color), thinly sliced
- 1 yellow onion, thinly sliced
- 2 cloves garlic, minced
- 1 (14 oz) can diced tomatoes in juice
- 1 tsp red pepper flakes
- 1 1/2 tsp sweet paprika
- 3 bay leaves
- 1 1/2 cups [Quaker® Steel Cut Oats](#)
- 3 1/2 cups low-sodium vegetable broth
- 1/2 tsp salt
- 1 (14 oz) can artichoke hearts in water, drained and quartered
- 1 1/2 cups asparagus, cut into 2 inch pieces
- 1 cup green peas, frozen
- Cracked black pepper, to taste
- 2 tbsp chopped parsley
- 1 lemon, quartered

Cooking Instructions

1. In a small bowl combine saffron threads and water and let steep.
2. In a large, deep sauté pan or paella pan heat olive oil over medium heat.
3. Add bell peppers and onions and cook about 5 minutes, until tender.
4. Add garlic, tomatoes, red pepper flakes, paprika, and bay leaves.
5. Stir to combine and and cook for another 3-4 minutes, stirring often.
6. Add the oats, vegetable broth, salt, and saffron water mix.
7. Stir to combine.
8. Bring to a boil, reduce heat to medium-low and cook uncovered for 15 minutes.
9. Do not stir.
10. Add the artichokes, asparagus, and frozen peas on top and cook for an additional 5 minutes.
11. Cover, turn off heat, and let stand for 10 minutes.
12. Uncover and fluff oats with a fork. Season to taste with black pepper.
13. Garnish with parsley and lemon wedges.