

Savory Steel Cut Oats with Beans, Avocado & Bell Pepper



TIPS:

1. This easy-to-make recipe (see **Tip 2**) combines the potent fiber and protein benefits of steel cut oats and beans with the zesty flavor of vitamin-rich fresh avocado, bell pepper, and cilantro.
2. **Making this recipe quick & easy:** Steel cut oats take longer to cook (about 25 minutes) than rolled oats because the oat grains are not precooked before

being cut by steel blades. Dry beans take hours to prepare. I therefore recommend cooking a supply of steel cut oats (<http://www.gotta-eat.com/wp-content/uploads/2016/05/How-to-Cook-Steel-Cut-Oats-on-the-Stove-Step-By-Step-Picture-Book-Recipe.pdf>) and beans (<http://www.gotta-eat.com/wp-content/uploads/2015/04/How-to-Cook-Kidney-Beans-Step-By-Step-Picture-Book-Recipe.pdf>) in advance and then either refrigerating or freezing them for use later. You can, of course, use canned beans instead of dried beans. Just beware that canned beans, even low sodium beans, contain a good deal of salt (sodium) as shown in the labels below, whereas dried beans contain almost no salt (see **Tip 3** about how to remove some salt from canned beans).

Nutrition Facts/Datos De Nutrición	
Serv. Size/Tamaño por Ración 1/2 cup/1/2 taza (125g)	
Servings about/Raciones por Envase aprx. 3.5	
Amount Per Serving/Cantidad por Ración	
Calories/Calorías 90	Fat cal./Calorías de Grasa 5
% Daily Value* / % Valor Diario*	
Total Fat/Grasa Total 0.5g	0%
Saturated Fat/Grasa Saturada 0g	0%
Trans Fat/Grasa Trans 0g	
Cholesterol/Colesterol 0mg	0%
Sodium/Sodio 360mg	15%
Total Carb./Carbohidrato Total 18g	6%
Dietary Fiber/Fibra Dietética 6g	24%
Sugars less than/Azúcares menos de 1g	
Protein/Proteínas 7g	
Vitamin/Vitamina A 0% • Vitamin/Vitamina C 0%	
Calcium/Calcio 4% • Iron/Hierro 10%	
*Percent Daily Values are based on a 2,000 calorie diet. Los porcentajes de Valores Diarios están basados en una dieta de 2,000 calorías.	

**regular canned
beans**

Nutrition Facts/Datos De Nutrición	
Serv. Size/Tamaño por Ración 1/2 cup/1/2 taza (122g)	
Servings about/Raciones por Envase aprx. 3.5	
Amount Per Serving/Cantidad por Ración	
Calories/Calorías 110	Fat cal./Calorías de Grasa 0
% Daily Value* / % Valor Diario*	
Total Fat/Grasa Total 0g	0%
Saturated Fat/Grasa Saturada 0g	0%
Trans Fat/Grasa Trans 0g	
Cholesterol/Colesterol 0mg	0%
Sodium/Sodio 110mg	5%
Total Carb./Carbohidrato Total 19g	6%
Dietary Fiber/Fibra Dietética 8g	30%
Sugars/Azúcares 0g	
Protein/Proteínas 8g	
Vitamin/Vitamina A 0% • Vitamin/Vitamina C 0%	
Calcium/Calcio 4% • Iron/Hierro 8%	
*Percent Daily Values are based on a 2,000 calorie diet. Los porcentajes de Valores Diarios están basados en una dieta de 2,000 calorías.	

**low sodium
canned beans**

3. How to reduce the salt in canned beans: Open and **pour a can of beans** into a strainer in the sink.



Then give the **beans** a good hand scrubbing rinse with **cold tap water**, and let the **beans** drain dry in the sink.



4. **Determining avocado ripeness and how to ripen an avocado:** Avocados usually come to market underripe and firm. Avocados are ripe when you can press on the avocado skin with your thumb using a little more pressure than you'd use to grip a pencil firmly (left photo) and leave an indent where your thumb was as shown in circled area in the picture on the right.



To ripen firm avocados as quickly as possible at home, place them in a paper bag (NOT plastic bag - plastic bags don't allow for the air exchange needed for ripening; paper bags do), close the bag loosely, and store them out of direct sunlight at room temperature for 1-2 days - or longer for extremely firm, unripe avocados.



Preparation Time: about 10 minutes (using precooked steel cut oats and beans)

Cooking Time: 1-2 minutes - all in the microwave oven

Ingredients (for 1)

1-2 Tablespoons Cooked Steel Cut Oats

2 Tablespoons Cooked (or canned) **Kidney Beans**
(can be substituted by any beans)

1 Garlic Clove

1/4 Red (or any) Onion

1/2 Bell Pepper (I like using red, yellow, or orange bell pepper because they are more flavorful and less bitter than green bell peppers)

1/2 Ripe Avocado

1/2 Handful of Fresh Cilantro

Shake of Cajun (or any) Spice Seasoning

Shake of Ground Cumin

Shake of Ground Ginger

Apple Cider Vinegar

Grated Parmesan Cheese

Ground Black Pepper



Equipment

Cutting Board

Microwave Safe Bowl

Large Sharp (Chef's) Knife

Tablespoon

Can Opener (only needed if you're using canned beans in a can without a pull-tab top)

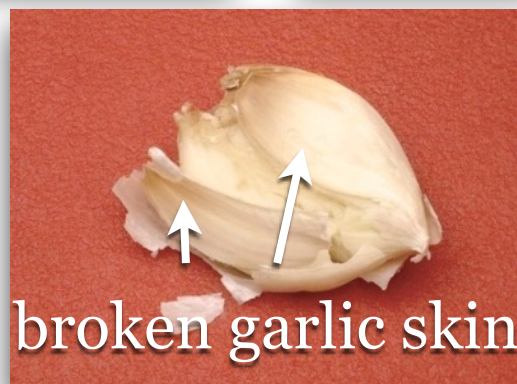
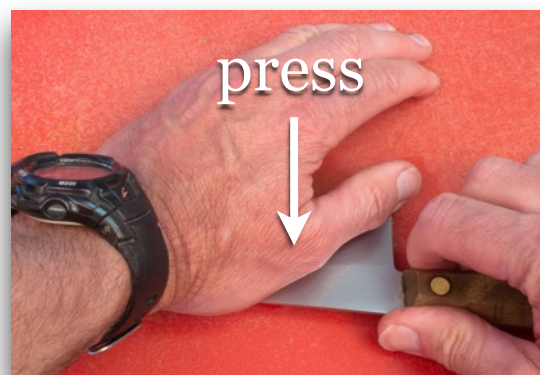
Strainer (only needed if you're using canned beans)



1. Pull **1 garlic clove** from a **fresh garlic bulb**.



Cover the **garlic clove** with the flat side of a wide bladed (chef's) knife. Press on the top flat side of the knife with the heel of your hand until you hear and feel the **garlic skin** pop open.



Peel off the **garlic skin**. Then hold the **garlic clove** securely to the cutting board with curled

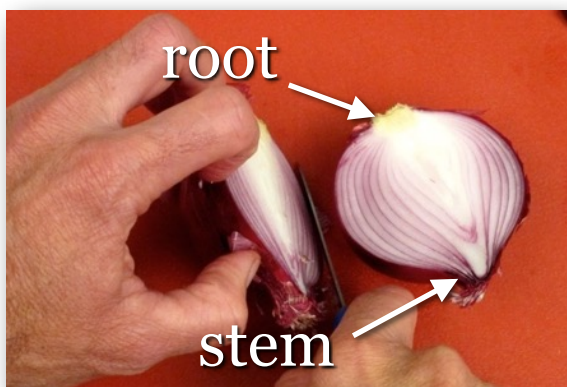
fingers, and let the side of the knife blade touch and glide along your curled knuckles as you cut the **garlic** into thin slices about 1/8 inch (3 mm) wide.



Finish by chopping the **garlic slices** into smaller pieces about as shown below.



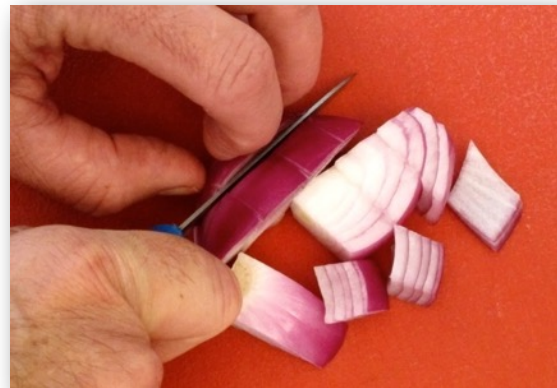
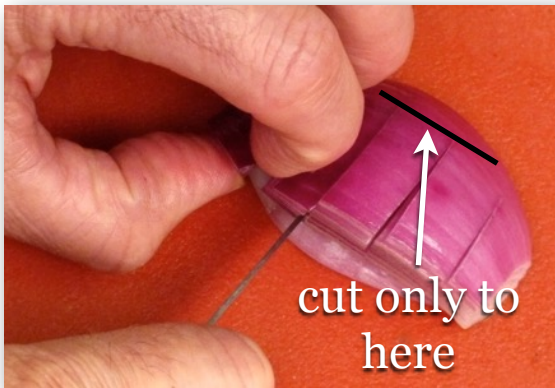
2. Cut a **red (or any) onion** in half lengthwise (from root to stem, as shown below), and cut **one of the onion halves** lengthwise in half again.



Cut off the tough **onion stem** and **root ends** and peel off the **onion skin**.



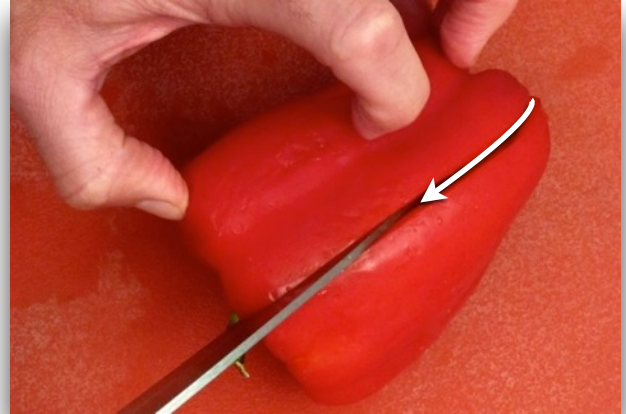
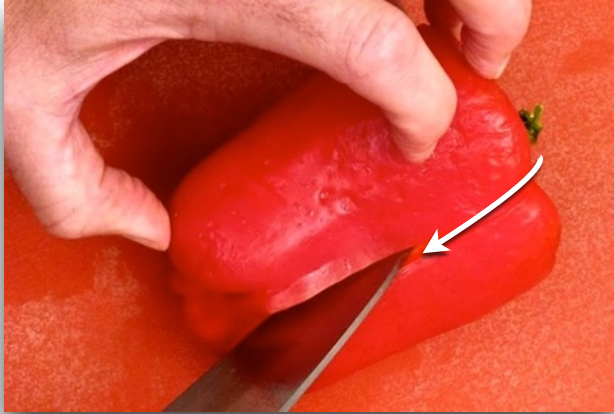
Cut cross section slices into the **onion quarter** about 1/4 - 1/2 inch (6-12 mm) wide without cutting through the **back of the onion** to keep the **onion slices** bound together, and then chop those **slices** in cross section into pieces also 1/4 - 1/2 inch (6-12 mm) wide.



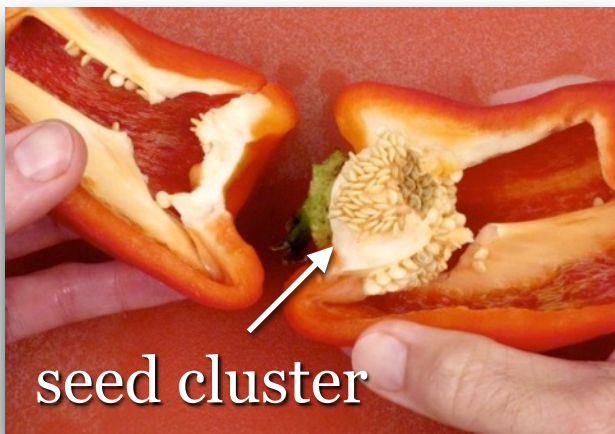
3. Give a **bell pepper** a hand-scrubbing rinse in the sink.



Cut the **bell pepper** in half lengthwise without cutting into the **seed cluster** in the **middle of the pepper**.



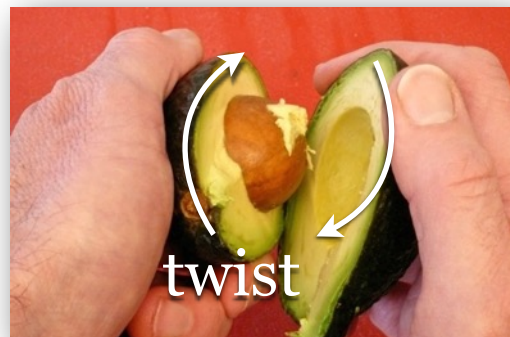
Pull the **pepper halves** apart and remove the **seed cluster**.



Cut **one of the bell pepper halves** lengthwise into strips $\frac{1}{4}$ - $\frac{1}{2}$ inch (6-12 mm) wide, and then cut those strips in cross section into pieces also $\frac{1}{4}$ - $\frac{1}{2}$ inch (6-12 mm) wide.

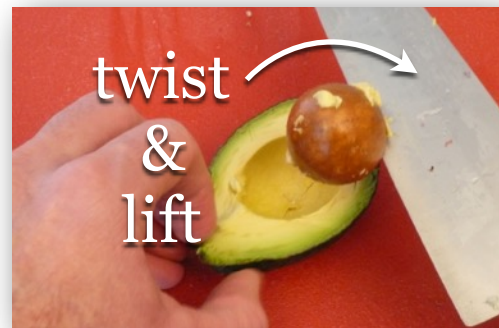


4. Cut a **ripe avocado** in half lengthwise around its **seed**, and twist the two **avocado halves** apart.

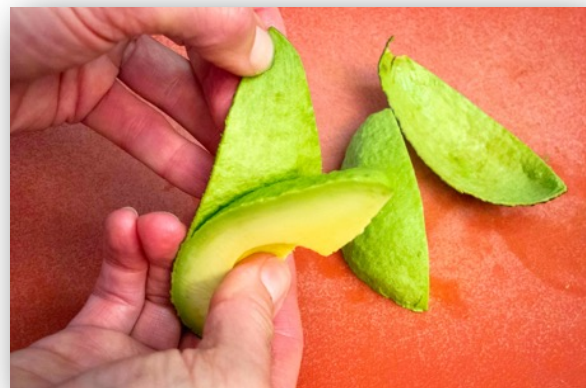
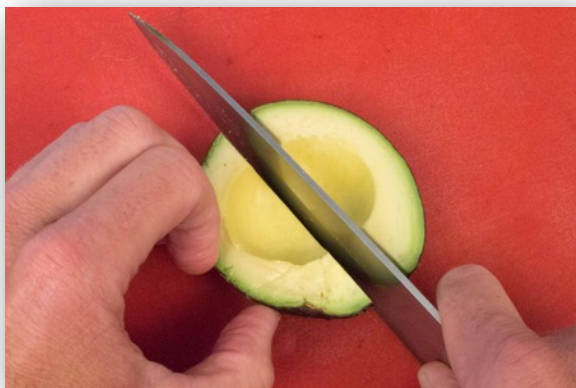


(**NOTE:** To make one serving, you'll only need the **avocado half** without the seed in it. If, however, you're making more than one serving, here's how to remove the **avocado seed**. Hold the **avocado half** with the **seed** still attached seed side up on the cutting board - making sure your fingers are not in the intended knife path - and driving the long, sharp edge of the knife

blade into the **seed**. Twist and lift the **seed** from the **avocado half**. Remove the **seed** from the knife by pinching down on the **seed** from the back, dull side of the knife blade as shown below.)



Cut **one of the avocado halves** lengthwise in half again and peel off the **skin**.



Finish by cutting each **avocado quarter** lengthwise in half and then cutting those lengthwise pieces in cross section into bite-sized pieces about 1/2 inch (12 mm) wide.



5. Rinse and shake dry **1/2 handful of fresh cilantro** and then twist off the **bottom of the cilantro stems** as shown in the second and third picture below.



Cut and chop the **cilantro** into small flake pieces as shown below.



6. Scoop **1-2 tablespoons of cooked steel oats** into a microwave safe bowl.



7. Add a **good shake of ground ginger, ground cumin, and Cajun** (or any) **spice seasoning**.



8. Add **2 tablespoons cooked beans** and mix them together with the **steel cut oats and seasonings**.

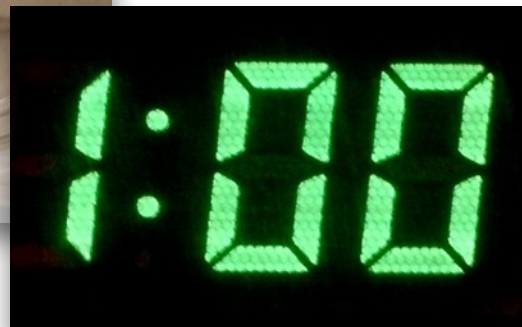


9. Top the **seasoned beans and oats** with the **chopped vegetables and cilantro**. Then add **grated Parmesan** (or any) **cheese** and a **good shot of apple**

cider vinegar.



10. Put the bowl in the middle of the microwave oven and cook using HIGH heat or 100% power for 1 minute.



11. After 1 minute of cooking (or longer if you want your dish warmer - I usually do), carefully remove the bowl from the microwave oven, add **a good crunch of ground black pepper**, and...



...enjoy!



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