



Savory Sausage, Onion & Pepper Oatmeal



SERVINGS



COOKING TIME

1

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Ingredients

- ¼ cup [Quaker® Steel Cut Oats - Quick 3-Minute](#)
- 1 cup low-sodium broth
- ¼ cup sautéed onions
- ¼ cup sautéed bell peppers
- 1 turkey sausage link, cooked and sliced
- 2 Tbsp shredded Parmesan
- Crushed red pepper flakes, to taste

Cooking Instructions

1. In medium saucepan, bring low-sodium broth to gentle boil (watch carefully); stir in oats.
2. Return to boil; reduce heat to medium.
3. Cook 1 minute, or until most of liquid is absorbed, stirring occasionally.
4. Remove oatmeal from heat.
5. Stir in onions, bell peppers, turkey sausage, Parmesan and red pepper flakes (optional).