

GOLDEN SPICED OAT CONGEE

CREAMY, COMFORTING, ANTIOXIDANT-RICH OAT PORRIDGE



 4 servings

 30 minutes

INGREDIENTS

- 3 cups vegetable broth
- ½ cup old-fashioned oats
- ½ cup mushrooms, diced (shiitake works well, but any mushroom will do)
- ¼ cup carrot, grated
- 1 TBS fresh ginger, grated
- 2 tsp ground turmeric
- 1 tsp ground white pepper
- 1 tsp soy sauce
- ½ tsp salt

INSTRUCTIONS

1. Bring broth, oats, mushrooms, and carrot to a boil in a large pot
2. Reduce the heat to medium and stir in the ginger, spices, and soy sauce
3. Cook for an additional 15 minutes, stirring often until the porridge has thickened
4. Serve immediately

Store leftovers in the fridge for up to 5 days. The porridge will continue to thicken with time. Thin with a little water before reheating.