

Masala Oatmeal

Ingredients

1 ½ cups old-fashioned rolled oats
½ teaspoon olive oil
½ teaspoon fennel seeds
1 teaspoon garlic, minced
½ cup onions, chopped
¼ cup peas, fresh or frozen
¼ cup carrots, chopped
½ teaspoon turmeric powder
½ teaspoon cumin powder
¼ teaspoon chili powder
¼ teaspoon garam masala
5 cups water
½-1 teaspoon, to taste salt
Garnish
2 teaspoons cilantro leaves
optional: plain yogurt (cows milk or coconut)
optional: sprinkle of pomegranate fruit (arils) or diced apple

Method

Dry roast the oats by heating a nonstick or cast iron skillet and sauté oats for few minutes until they start to brown a little. Do not overbrown. Turn off the flame when the browning starts and remove oats to another container.

Heat oil in a nonstick sauce pan or cast iron skillet. Add fennel seeds and garlic. Just when garlic starts to brown add onions and sauté until translucent, just a few minutes.

Add peas and carrots and rest of spices and sauté well for 1-2 minutes.

Cover and cook until carrots are tender, about 2 minutes.

Add water and cover. Bring it to a boil and then add 1/2 teaspoon salt. You may add more later to your liking.

Bring it to a simmer and add roasted oats. Stir once then let it simmer for about 10 minutes.

Turn off the heat, let it sit a few minutes to finish itself and absorb more water. Add cilantro garnish and optional yogurt, pomegranate fruit or diced apple and serve hot.

Notes



I love the ease of changing this familiar breakfast grain with warming spices and common, bright vegetables. The heat from garam masala, cumin and turmeric may be notched up or down. Adding more yogurt would definitely cool it down. It is also good with a sprinkling of pomegranate seeds or apple slices.

You can double the batch and reheat with a little additional water the next day although the spices will change a bit with the rest overnight.

Source: [modified from Gunjan \(4 servings\)](#)
