

Recipe – Mexican Oatmeal Soup

Ingredients:

- 1 1/3 cups rolled oats
 - 4 Tbs. olive oil
 - 1 large onion, diced
 - 3 large cloves garlic, crushed or more depending on taste
 - 1 medium (15 oz.) can diced tomatoes,
 - 6 cups vegetable broth or chicken broth
 - 1 tsp salt
 - 1/8 tsp cayenne (or more, to taste)
 - black pepper, to taste
- Optional addition: garlic pickle (such as Patak's garlic relish)

Directions:

Heat the oil in the skillet; add the onion and garlic and sauté briefly.

Add the tomatoes, broth, salt, cayenne, and oats. Simmer for 6 minutes over medium heat.

Serves 6.

It will continue to thicken, so add more broth when reheating.