

Steel Cut Oat Risotto with Mushrooms and Kale

The recipe and photography for this post was provided by Carolyn Hodges of [The Dinner Shift](#).

Prep Time: 10 minutes

Cook Time: 30 minutes

Total Time: 40 minutes

Serves 4

Ingredients

For the Oat Risotto

- 4 cups vegetable stock or broth
- 1 cup uncooked steel cut oats
- ½ cup grated Romano cheese, plus more for serving
- Salt

For the Vegetables

- 2 tablespoons unsalted butter
- ½ medium onion, chopped
- 10 ounces baby bella (cremini) mushrooms, sliced
- 2 garlic cloves, minced
- 1 teaspoon dried thyme
- 1 bunch kale (about 6 ounces), stems removed and coarsely chopped
- Salt and pepper

Instructions

1. **To make the oats:** In a medium saucepan, bring vegetable stock to a boil over high heat. Stir in steel cut oats and reduce heat to medium-low. Cover partially and simmer oats for about 30 minutes, stirring every 10 minutes. Oats should be thick and creamy when done. Remove from heat and stir in grated Romano cheese. Season to taste with additional salt.
2. **To make the vegetables:** While the oats are cooking, melt butter in a large skillet over medium heat. Add onions and mushrooms and sauté until mushrooms reduce by half, about 5 minutes. Stir in garlic and thyme and cook for 1 minute, stirring constantly. Fold in kale and continue to cook until it wilts, about 2 to 3 minutes. Season vegetables to taste with salt and pepper.
3. **To serve:** Ladle oat “risotto” into bowls and top with vegetables. Serve with additional grated cheese, if desired.

