



Savory Miso Oatmeal

BY MASON HUTCHISON

Oatmeal doesn't have to be sweet, and it doesn't need to be limited to breakfast! There are countless ways to make a hearty and savory oatmeal; here's a variation of a recipe Mason and his family have been enjoying.

ingredients

- 1.5 cups oatmeal
- 3.5 cups bone broth (or veggie or mushroom broth)
- 2 eggs
- 2 Tbsp. red miso paste
- 15 fresh shiitake mushrooms
- 1 inch piece of ginger
- 4 cloves of garlic, minced
- 2 Tbsp. tamari
- 2 Tbsp. of kimchi or fermented veggies
- 1 Tbsp. fish sauce
- 1 Tbsp. rice vinegar
- 1 Tbsp. honey
- 1 Tbsp. butter or fat of choice
- 1 tsp. seaweed gomasio
- 1 tsp. sea salt
- Green onions for garnish

This is but one variation of savory oatmeal. It doesn't need to be even remotely this complicated. I find just cooking oatmeal in broth and adding a fried egg on top will get you most of the way there!

I highly encourage you to experiment and see what flavors you enjoy.

directions

1. Pour the broth in a medium sized pot, reserving a quarter cup of it for the miso paste.
2. On medium high heat, bring the broth to a simmer.
3. Pour in the oatmeal and bring heat down to medium. Cook for around 20 to 25 minutes.
4. While the oatmeal is cooking, take your reserved quarter cup of broth and whisk in the miso paste in a separate vessel. Make sure it's below 115 degrees so as to not destroy the beneficial probiotics! Set aside.
5. Slice shiitake mushrooms.
6. Combine the rice vinegar, honey, tamari, and garlic in a separate vessel. Whisk together so it becomes uniform.
7. Sauté the mushrooms in a pan with the butter and salt for around 10 minutes. You can splash in some broth or water if your mushrooms are on the drier side.
8. Finely dice the ginger, and toss it in with the mushrooms. Cook for another few minutes.
9. Add the tamari/rice vinegar/honey/garlic mixture to the mushrooms. Sauté for another couple of minutes allowing the sauce to reduce and coat the mushrooms.
10. When the oatmeal is finished cooking, let it cool down a bit. Stir in the miso/broth slurry. You don't want it to be piping hot so you don't destroy the beneficial properties!
11. Time to plate! Or "bowl", rather. Scoop oatmeal into a bowl. Garnish with your mushrooms, kimchi, green onions, and gomasio.
12. Fry an egg, over easy, and place on top.

Yield: 2 servings



HERBS
with ROSALEE

MASON HUTCHISON

Mason Hutchison is the founder of HerbRally, a podcast and website that promotes herbalism education and events. He is the co-organizer of one of the longest running herbal events in the US, the Breitenbush Herbal Conference. He is also on the board of directors for the Eugene Tea Festival.

Mason was the Events & Marketing Strategist for Mountain Rose Herbs for over a decade. His day-to-day work involved organizing community events such as the Free Herbalism Project, as well as attending herbal conferences throughout the country. He has completed herbalism apprenticeships at the Columbines School of Botanical Studies and the Arctos School of Herbal and Botanical Studies.

Mason is a husband, proud father, avid chess, basketball, and ping pong player, spring water gatherer, and an enthusiast in the art of frugal nutrition.

Find more from Mason at HerbRally.com. Mason is also on [Facebook](#), [Twitter](#), and [YouTube](#).

