

Masala Oats | Savory Oatmeal Porridge

Yield: 2 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-chicken-porridge-recipe>

Ingredients:

- 1 tablespoon olive oil
- 1 teaspoon cumin seeds
- 1 inch ginger chopped
- 1/2 cup onion finely chopped
- 1 cup mixed vegetables I've used potato, bottle guard, and red bell pepper
- 1/2 cup tomato finely chopped
- 1 teaspoon turmeric powder
- 1/2 teaspoon red chili powder or use paprika
- salt to taste
- 1/2 teaspoon Garam Masala optional
- 1 cup porridge oats
- 1 lime
- coriander leaves fresh, for garnish, optional

Nutrition:

1. Calories: 160 calories
2. Carbohydrate: 23 grams
3. Fat: 8 grams
4. Fiber: 7 grams
5. Protein: 4 grams
6. SaturatedFat: 1 grams
7. Sodium: 440 milligrams
8. Sugar: 4 grams

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