



SAVORY BREAKFAST OATS WITH QUAKER® KETTLE HEARTY OATS

Each Serving Provides:

0.5 oz. Meat/MA (0.5 oz turkey/chicken crumbles)
1.25 oz. eq. Grains (1/2 c. dry oats)

Savory Breakfast Oats with Quaker® Kettle Hearty Oats

INGREDIENT	QUANTITY 100 servings	1 Serving
Low Sodium Vegetable Broth	3 gal.	¾ c. + 3.5 Tbsp
Quaker® Kettle Hearty Oats (43269)	25 c. dry	½ c. dry
Seasoned Turkey, Chicken or Vegetable-based Crumbles	25 oz.	½ oz.
Butter, unsalted	½ c.	½ tsp.
Soy Sauce, low sodium	¼ c.	1/8 oz.

PREPARATION

1. Add vegetable broth to a large pot and bring to a boil.
2. Reduce heat to low and add oats, stirring occasionally until oats have thickened, about 10 minutes.
3. In a large skillet, cook seasoned turkey/chicken/vegetable crumbles until lightly browned (a small amount of vegetable oil may be needed)
4. Add 19 oz. (about 3/4) of the seasoned cooked turkey/chicken/vegetable crumbles to oats and cook for about 10 more minutes.
5. Add butter and soy sauce and stir until melted and mixed throughout.
6. Portion into bowls and top with the rest of the cooked crumbles.
7. Top with additional ingredients of your choice. Examples include: Chopped scallions with spicy mayo drizzle; Scrambled eggs and shredded cheese; or Shredded hashbrowns and paprika. Note: these additional toppings were not included in the Nutrition Facts below.

Nutritional Facts Panel

Nutrition Facts	
1 Serving:	
Calories	194
Saturated Fat	1.6g
Sodium	280mg