

How To Make Steel-Cut Oatmeal in the Pressure Cooker

SERVES

1 to 5

INGREDIENTS

FOR 1 SERVING:

- Cooking spray
- 3/4 cup water
- 1/4 cup steel-cut oats (not instant)

FOR 5 SERVINGS:

- Cooking spray
- 3 3/4 cups water
- 1 1/4 cups steel-cut oats (not instant)

EQUIPMENT

- Electric pressure cooker
- Measuring cups
- Spoon

INSTRUCTIONS

- 1 **Prepare the pot:** Coat the pot of an electric pressure cooker with cooking spray. Wipe the top edge of the pot with a paper towel to remove any excess cooking spray.
- 2 **Pressure-cook:** Add the water and oats to the pot and stir to combine. Close and lock the lid. For chewy oats, pressure-cook for 10 minutes on HIGH pressure. For creamier oats, pressure-cook for 13 minutes on HIGH pressure.
- 3 **Naturally release the pressure:** When the cooking cycle completes, turn off the machine. To prevent scorching, don't let it switch to the "keep warm" setting. Allow the pot to cool down and release pressure naturally, about 10 minutes. Once the pressure has fully released, carefully open the lid away from you. (Consult your pressure cooker's manual to learn how to tell when it's safe to remove the lid.)

RECIPE NOTES

Storage: Transfer the cooked oats to a storage container and allow to cool for 20 minutes. Cover and refrigerate for up to 1 week.

Reheating: Scoop individual servings of cooked oats. Add 1 tablespoon of water or milk to the chilled oats. Reheat in either a small pot over medium-low heat or the microwave for about 2 minutes. Stir the oats before serving.