

Steel Cut Oatmeal

<http://userealbutter.com/2013/01/27/steel-cut-oatmeal-recipe/>

4 cups water
1 cup steel cut oats
pinch of salt
3/4 cup dried cranberries (optional)
milk (optional)
brown sugar (optional)
butter (optional)

Bring the water to a boil in a medium saucepan over high heat. Stir the oats and a pinch of salt into the boiling water and simmer for about 30 minutes, stirring occasionally to prevent sticking. When the oats are a little more watery than you like, add the dried cranberries (or other fruit, or nothing) and simmer for 5 minutes. Remove from heat and serve hot. You can stir in some milk, or brown sugar and/or a pat of butter. Top with fresh fruit and/or nuts if you like. Serves 4.