

CHEESE GRITS

INGREDIENTS:

- ▶ 6 cups water
- ▶ 2 teaspoons salt
- ▶ 1 1/2 cups grits
- ▶ 1/2 cup butter
- ▶ 3 eggs, well beaten
- ▶ 16 ounces shredded sharp Cheddar cheese
- ▶ 2 to 3 cloves garlic, finely minced
- ▶ cayenne pepper to taste

PREPARATION:

Bring water and salt to a rolling boil; gradually stir in grits with fork. Cook, stirring constantly, until all water is absorbed. Stir in butter a tablespoon at a time; stir in the beaten eggs, working quickly so eggs will not cook before thoroughly blended into the grits, then stir in the shredded cheese, garlic and a little cayenne pepper. Put into a greased 2 1/2-quart casserole. Bake at 350° for 1 hour and 15 to 20 minutes.

Serves 8.

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