

Smoky Sausage-And-Grits Casserole

makes 12 to 14 servings

Ingredients

1 ½ lb. smoked sausage, chopped

½ tsp. table salt

1 ½ cups uncooked quick-cooking grits

2 (8-oz) blocks sharp Cheddar cheese, shredded

1 cup milk

1 ½ tsp. chopped fresh thyme

¼ tsp. garlic powder

¼ tsp. black pepper

4 large eggs, lightly beaten

Vegetable cooking spray



1. Preheat oven to 350 degrees F. Brown sausage in a large skillet over medium-high heat, stirring often, 7 to 9 minutes or until cooked; drain on paper towels.
2. Bring salt and 4 ½ cups water to a boil in a large Dutch oven over high heat. Whisk in grits, and return to a boil. Cover, reduce heat to medium, and simmer 5 minutes or until thickened, whisking occasionally.

3. Remove from heat; add cheese, stirring until completely melted. Stir in milk and next 4 ingredients. Stir in sausage. Spoon mixture into a lightly greased (with cooking spray) 13-x9- inch baking dish.
4. Bake at 350 degrees F for 50 minutes to 1 hour or until golden and cooked through. Let stand 5 minutes before serving.

Source: Southern Living magazine

Shared by: Sandy Anderson, RWW volunteer

Note from Sandy: “Grits are a very popular breakfast dish in the southern states. Most people eat grits with just butter, salt and pepper. I find them fairly plain so adding cheese and sausage helps to give them more flavor!”