

Southern Grits Casserole

If you're from the South you will definitely love this recipe, which includes grits, eggs, sausage, and cheese.



Ingredients

- 6 cups water
- 2 cups uncooked grits
- ½ cup butter, divided
- 3 cups shredded Cheddar cheese, divided
- 1 pound ground pork sausage
- 12 large eggs
- ½ cup milk
- 1 pinch salt and pepper to taste

Directions

- Step 1: Preheat oven to 350 degrees F (175 degrees C). Lightly grease a large baking dish.
- Step 2: Bring water to a boil in a large saucepan, and stir in grits. Reduce heat, cover, and simmer about 5 minutes, until liquid has been absorbed. Mix in 1/2 the butter and 2 cups cheese until melted.
- Step 3: In a skillet over medium-high heat, cook the sausage until evenly browned. Drain, and mix into the grits. Beat together the eggs and milk in a bowl, and pour into the skillet. Lightly scramble, then mix into the grits.
- Step 4: Pour the grits mixture into the prepared baking dish. Dot with remaining butter, and top with remaining cheese. Season with salt and pepper.
- Step 5: Bake 30 minutes in the preheated oven, until lightly browned.

Tip: Try using a Reynolds® slow cooker liner in your slow cooker for easier cleanup.

Nutrition Facts Per Serving:

403.2 calories; protein 16.5g 33% DV; carbohydrates 16.8g 5% DV; fat 29.9g 46% DV; cholesterol 201.8mg 67% DV; sodium 458.9mg 18% DV. Full Nutrition