

Grits and Sausage Casserole

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Servings: 12

*3 cups water
1 cup quick-cooking grits
3/4 teaspoon salt, divided
2 pounds bulk pork
sausage, cooked and
drained
2 cups shredded cheddar
cheese, divided
3 large eggs
1 1/2 cups whole milk
2 tablespoons butter,
melted
pepper (to taste)*

Preparation Time: 30 minutes

Bake Time: 1 hour 15 minutes

In a saucepan, bring water to a boil. Slowly whisk in the grits and 1/2 teaspoon of salt. Reduce the heat. Cover and simmer for 5 minutes, stirring occasionally.

In a large bowl, combine the grits, sausage and 1-1/2 cups of cheese. Beat together the eggs and milk. Stir into the grits mixture. Add the butter, pepper and remaining 1/4 teaspoon of salt.

Transfer to a greased 13x9-inch casserole dish.

Bake, uncovered, at 350 degrees until a knife inserted in the center comes out clean, about one hour. Sprinkle with the remaining 1/2 cup of cheese.

Bake for 15 minutes longer or until the cheese is melted.

Let stand for 15 minutes before serving.

Per Serving (excluding unknown items): 178 Calories; 11g Fat (53.7% calories from fat); 8g Protein; 12g Carbohydrate; 1g Dietary Fiber; 82mg Cholesterol; 304mg Sodium. Exchanges: Grain(Starch); 1 Lean Meat; 1 Fat Milk; 1 1/2 Fat.