



## Creamy Grits

These grits can be used in many applications, such as breakfast or for brunch with shrimp.

<u>U.S.</u>		<u>Metric</u>
2 cups	Water	444 mL
1 cup	Milk, 1%	227 mL
1 cup	Grits, stoneground	156 g
1/4 tsp	Salt, Kosher	1.5 g
To Taste	Black Pepper, ground	To Taste
1/8 tsp	Cayenne Pepper, ground	0.5 g
1 tsp	Smoked Paprika	0.6 g
1 Tbsp	Chives, chopped	3 g
1/4 cup	Monterey Jack Cheese, shredded (optional)	28.3 g

### Preparation:

1. Gather all ingredients and equipment.
2. Place a large pot over medium-high heat; add water and milk. Bring to a boil. Add in the salt, pepper, cayenne, and paprika.
3. Slowly stir the grits into the boiling mixture until the grits are well mixed. Stir continuously and thoroughly to ensure no clumps. Decrease the heat to low and cover the pot with a lid.
4. Remove the lid and whisk frequently, every 3-5 minutes to prevent the grits from sticking or forming lumps. Continue to cook and whisk for 20-25 minutes or until the grits are creamy.
5. Once creamy, remove the pot from the heat and slowly mix in the cheese and chives. Serve warm.

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### Nutrition Facts

<b>Serving size</b>	<b>1/2 cup</b>
<b>Servings</b>	<b>4</b>
<b>Calories</b>	140
Calories from Fat	25
Total Fat	3 g
Saturated Fat	1 g
Trans Fat	0 g
Monounsaturated Fat	0 g
Cholesterol	5 mg
Sodium	135 mg
Carbohydrates	26 g
Dietary Fiber	2 g
Sugars	2 g
Protein	6 g
Vitamin A	8 %
Calcium	10 %
Vitamin C	5 %
Iron	1 %

Phosphorus 0 mg

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