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Southern Grits Casserole

You'll love this grits casserole with ground sausage and cheese, especially if you're from the South. When I cook it, I place it in the slow cooker to stay warm. There is nothing worse than cold grits for breakfast!

Submitted by **Ella Baldwin** |

Prep Time: 15 mins

Cook Time: 50 mins

Total Time: 1 hr 5 mins

Servings: 16

Ingredients

6 cups water

2 cups uncooked grits

3 cups shredded Cheddar cheese, divided

½ cup butter, cut into pieces, divided

1 pound ground pork sausage

12 large eggs

½ cup milk

salt and pepper to taste

Directions

Step 1

Preheat the 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; stir in grits. Reduce the heat, cover, and simmer until liquid has been absorbed, about 5 minutes. Mix in 2 cups Cheddar cheese and 1/2 of the butter until melted.

Step 3

Cook sausage in a skillet over medium-high heat until browned and crumbly, 5 to 7 minutes. Drain and add to grits mixture.

Step 4

Whisk eggs and milk together in a bowl. Pour into the skillet used to cook the sausage. Lightly scramble eggs over medium-low heat, then mix into grits mixture.

Step 5

Pour grits mixture into the prepared baking dish. Dot with remaining butter, sprinkle with remaining 1 cup Cheddar, and season with salt and pepper.

Step 6

Bake in the preheated oven until lightly browned, about 30 minutes.

Nutrition Facts

Per serving: 403 calories; total fat 30g; saturated fat 15g; cholesterol 202mg; sodium 459mg; total carbohydrate 17g; dietary fiber 0g; total sugars 1g; protein 17g; vitamin c 1mg; calcium 225mg; iron 2mg ; potassium 174mg