

Olga & Anne Harris Grits Recipe: Creamy Grits

Prep time: 5 minutes

Cook time: 25 minutes

Serves: 4

Ingredients:

2 cups milk (can substitute preferred non-dairy milk for vegan alternative)

2 cups water

1 1/2 teaspoons salt

1 cup coarse ground cornmeal

1/2 teaspoon freshly ground black pepper

4 tablespoons butter (or Earth Balance for vegan alternative)

*4 oz shredded cheddar cheese (optional)

Directions:

- Bring milk, water, and salt to boil in heavy bottom pot
- Gradually add cornmeal while stirring constantly
- Lower heat to simmer and cover with lid, stirring every 3-5 minutes to keep from sticking to the pot.
- Cook for approximately 20 minutes, or until grits are creamy
- Remove from heat and stir in butter and pepper
- If adding cheese, whisk in and serve immediately.