

Betty's Cheddar Parmesan Cheese Grits



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In this video, Betty demonstrates how to make Cheddar Parmesan Cheese Grits. Grits are a favorite food of the South, and this blend of cheeses makes a terrific dish!

Ingredients:

2/3 cup uncooked quick or regular grits
1 cup chicken broth
1 cup milk
½ teaspoon salt
1/8 to ¼ teaspoon ground red pepper, or to taste
¼ cup butter, sliced
1 ¼ cups shredded Cheddar cheese
½ cup shredded Parmesan cheese
1 egg, well beaten
cooking oil spray

Place 2/3 cup grits, 1 cup chicken broth, 1 cup milk, ½ teaspoon salt, and 1/8 teaspoon ground red pepper in a medium pot and mix well. Bring ingredients to a boil over medium-high heat. Reduce heat to low and cook, stirring constantly, until thickened (about 5 minutes). Stir in ¼ cup sliced butter, 1 ¼ cups shredded Cheddar cheese, and ½ cup shredded Parmesan cheese until melted. Quickly stir about ¼ of the grits mixture into beaten egg, and then quickly stir egg mixture into grits. Stir until smooth. Pour grits mixture into a medium-sized baking dish that has been sprayed with cooking oil spray. Bake at 350 degrees (F) for 25 to 30 minutes, or until top is lightly browned. Serve immediately. Enjoy!!! --Betty ☐