

Betty's "Kiss My Grits" Garlic-Cheddar Cheese Grits Recipe



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In this video, Betty demonstrates how to make her popular Southern Garlic-Cheddar Cheese Grits recipe. These grits look wonderful on the dinner table, and they are soooooo flavorful! Your guests will want to kiss the cook after tasting these!

Ingredients:

- 4 cups rapidly boiling water
- 1 teaspoon salt
- 1 cup quick grits
- 1 stick butter or margarine
- 2 cups grated sharp cheddar cheese
- 2 well beaten eggs
- 1/4 cup milk
- 2 teaspoons canned (bottled) minced garlic

Heat 4 cups of water to boiling in a pot over medium heat. Add 1 teaspoon salt and 1 cup quick grits. Cook for 3 to 5 minutes, stirring occasionally, until grits are done (smooth and thickened). Remove from heat and add 1 stick of butter or margarine, 2 cups grated Cheddar cheese, 2 well-beaten eggs, 1/4 cup milk, and 2 teaspoons of bottled minced garlic. Stir everything together and pour into a oven-proof dish that has been sprayed with cooking oil. Bake at 400 degrees for 20 to 25 minutes. (In the video, I baked my casserole at 425 degrees for 20 minutes, but I think 400 degrees will be better.) Remove grits casserole from the oven, let stand for 5 minutes, and serve while hot! It's delicious!!!