

Cajun Grits Casserole

The Sugared and Spiced Kitchen

<http://thesugaredandspicedkitchen.blogspot.com>

1 andouille sausage link, chopped into large chunks

1 cup diced red bell pepper

1 cup diced onion

1 T. olive oil

6 cups water

1 1/2 t. salt

1/2 t. freshly ground pepper

1/2 t. garlic powder

2 cups grits

4 cups cheddar cheese, cut into small chunks (you could also use shredded)

1/2 cup milk

4 large eggs, beaten

1/2 cup (1 stick) salted butter

Preheat oven to 350 degrees.

Generously butter a large casserole dish or baking dish.

Heat olive oil in a medium skillet and saute sausage, bell pepper, and onion until vegetables are soft and sausage is slightly browned. Remove from heat.

In a large pot, heat water, salt, pepper, and garlic powder until it is boiling. Add grits and stir until completely combined. Turn heat to low and simmer until the mixture has thickened. This will take about 10 minutes. Add the milk slowly and stir to combine. Add cheese and stir until melted. Remove from heat and stir in butter chunks. Add about 1/4 cup of the hot mixture to the eggs and stir. Add another 1/4 cup of the mixture and then pour the egg mix into the pot. Add the sausage, peppers, and onion into the mix.

Pour the grits into the greased casserole dish and bake for 40 - 45 minutes or until the casserole is set.