

Delicious Grits Breakfast Bowl for a Hearty Southern-Style Morning Meal

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TIME
20 min

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ChefManiac

INGREDIENTS

- 2 cups whole milk
- 2 cups water
- 1 teaspoon salt
- 1 cup stone-ground grits, not instant
- 1/2 teaspoon pepper
- 4 tablespoons unsalted butter
- 4 ounces shredded sharp cheddar cheese
- 4 large eggs
- 12 ounces breakfast sausage
- 1 tablespoon chopped fresh chives

DIRECTIONS

1. Cook the grits: In a saucepan over medium heat, add the milk, water, and salt.
2. Bring to a boil, then slowly whisk in the stone-ground grits.
3. Reduce the heat to medium-low, cover, and cook for about 20 minutes, whisking frequently.
4. If the grits begin to stick, reduce the heat and add a splash of water.
5. Cook until the grits are thick, creamy, and smooth with no rough texture left.
6. Finish the grits: Remove the grits from the heat.
7. Add the pepper, butter, and shredded sharp cheddar cheese.
8. Stir until everything is melted and smooth, then set aside.
9. Cook the sausage: While the grits are cooking, warm a non-stick skillet over medium heat.
10. Crumble the sausage into the pan and cook until browned, turning occasionally with a spatula, about 6 to 8 minutes.
11. Transfer the cooked sausage from the pan and drain all but 1 tablespoon of grease.
12. Scramble the eggs: Crack the eggs into a bowl and whisk until combined.
13. Pour the eggs into the greased non-stick skillet over medium to medium-low heat.
14. As the eggs begin to set on the bottom, pull them across the pan with a spatula to form curds.
15. Continue folding and gently pulling the eggs until no liquid remains.

16. Remove from the heat.
17. Build the bowls: Divide the cheesy grits between four bowls.
18. Top each bowl with sausage and scrambled eggs.
19. Garnish and serve: Add extra shredded cheese if desired.
20. Sprinkle with chopped fresh chives and serve immediately.

SWAPS & NOTES

Stone-ground grits are the best choice here because they give the bowl its hearty texture and rich flavor.

They do take a little longer than instant grits, but the final result is well worth it.

Sharp cheddar is a great match because it melts smoothly into the grits and gives them a stronger, more savory flavor than a very mild cheese.

Whole milk adds richness and creaminess to the grits.

TIPS FOR SUCCESS

Whisk the grits in slowly when adding them to the hot liquid so they stay smooth and do not clump.

Stir the grits often while they cook.

Stone-ground grits need a little attention, but that is what helps them turn out creamy instead of lumpy.

Cook the eggs over medium-low heat for the softest, fluffiest curds.

