
Country Breakfast Casserole

The Essential Southern Living Cookbook

Servings: 6

Preparation Time: 10 minutes

Start to Finish Time: 1 hour

1 pound ground mild pork sausage

1 teaspoon table salt

1 cup uncooked quick-cooking grits

6 ounces (1-1/2 cups) shredded Cheddar cheese, divided

4 large eggs, lightly beaten

3/4 cup milk

1/4 cup butter, melted

1/4 teaspoon black pepper

Preheat the oven to 350 degrees.

In a large skillet over medium heat, brown the sausage, stirring until no longer pink. Drain off any fat.

Bring 3-1/2 cups of water and the salt to a boil in a medium saucepan. Stir in the grits. Return to a boil. Cover. Reduce the heat and simmer for 5 minutes, stirring occasionally. Remove from the heat. Add one cup of cheese, stirring until the cheese melts. Stir in the sausage, eggs, milk, butter and black pepper.

Pour the mixture into a greased 11 x 7-inch baking dish. Sprinkle with the remaining 1/2 cup of cheese.

Bake in the preheated oven, uncovered, until set, about 45 minutes.

Let stand for 5 minutes before serving.

Breakfast

Per Serving (excluding unknown items): 687 Calories; 50g Fat (65.3% calories from fat); 36g Protein; 24g Carbohydrate; trace Dietary Fiber; 285mg Cholesterol; 1229mg Sodium. Exchanges: 1 1/2 Grain(Starch); 4 1/2 Lean Meat; 0 Non-Fat Milk; 7 Fat.