
Individual Country Grits-and-Sausage Casseroles

The Essential Southern Living Cookbook

Servings: 10

Preparation Time: 30 minutes

Start to Finish Time: 9 hours 30 minutes

What's better than one big dish of grits, sausage and sharp cheddar cheese? Ten ramekins baked with breakfast goodness. The individual servings are ideal to serve guests or for ready-to-serve mid-week meals.

2 pounds mild ground sausage

1 1/4 cups uncooked quick-cooking grits

12 ounces (3 cups) sharp cheddar cheese, shredded

1 cup milk

1/2 teaspoon garlic salt

4 large eggs, lightly beaten

paprika

chopped fresh chives (for garnish)

Brown the sausage in a large skillet, stirring often, for 6 to 8 minutes or until the sausage crumbles and is no longer pink. Drain well. Pat dry.

Bring four cups of water to a boil in a large saucepan. Gradually stir in the grits. Return to a boil. Cover. Reduce the heat and simmer, stirring occasionally, for 5 minutes. Remove from the heat. Add the cheese, milk and garlic salt, stirring until all of the cheese melts. Stir in the sausage and eggs. Spoon the mixture into ten lightly greased eight-ounce ramekins. Sprinkle each with paprika.

Cover the ramekins with plastic wrap.

Chill for eight to ten hours.

Preheat the oven to 350 degrees. Remove and discard the plastic wrap. Let stand at room temperature for 30 minutes. Bake until golden and the mixture is set, 45 to 50 minutes.

(HOT `N` SPICY GRITS-AND-SAUSAGE CASSEROLES: Use hot pork sausage in place of the mild pork sausage. Substitute shredded Pepper Jack cheese in place of the sharp cheddar cheese.)

(COUNTRY GRITS and SAUSAGE CASSEROLE: Prepare the recipe as directed, using a lightly greased 13 x 9-inch baking dish in place of the ramekins.)

Side Dishes

Per Serving (excluding unknown items): 665 Calories; 48g Fat (65.3% calories from fat); 39g Protein; 19g Carbohydrate; trace Dietary Fiber; 231mg Cholesterol; 987mg Sodium. Exchanges: 1 Grain(Starch); 5 Lean Meat; 0 Non-Fat Milk; 6 1/2 Fat; 0 Other Carbohydrates.