

Grits Breakfast Casserole

Recipe Courtesy of Amy Lasley, Rocky Mountain Salsa, Fort Collins, CO

1lb pork sausage
1 glove garlic, pressed or minced
¾-1 tsp black pepper
½-1 tsp salt (optional)
1 – 2 tsp hot sauce of choice (such as Boulder hot sauce, Cajun Sunshine, Tabasco)
1 cup quick cook grits
2 Tb butter
2 large eggs
2 cups sharp or medium cheddar cheese, grated
1 can (7oz) of green chilies chopped
½ cup fresh red bell pepper diced
½ cup fresh cilantro, sliced

- Cook and drain sausage. Pad with paper towel to remove excess fat. In a large bowl, mix sausage, garlic, black pepper, and hot sauce. Set aside.
- Blend grits with 4 cups of water. Add salt ½ - 1tsp if desired. Bring to a boil. Add butter, cover and reduce heat to simmer. Stir often. Cook for 5-6 minutes.
- Beat eggs to blend, add cheese, chilies, sausage mix and grits.
- Pour all into a greased shallow 9x13” casserole glass dish.
- Preheat oven to 350 degrees.
- Bake uncovered until browned, 40-45 minutes. Let stand for 5-10 minutes.
- Cut into servings and sprinkle with red peppers and cilantro. Serve with **Rocky Mountain Salsa** on the side.