

## **GRITS BOWLS** (*Pantry Cooking with Home Preserved Foods*)

**3 cups water**

**1 cup milk**

**1 cup quick grits**

**1/2 teaspoon onion powder**

**8 ounces Velveeta, cut into small pieces or grated**

Bring water and milk to a boil in a large saucepan. Stir in grits; cover and reduce heat to low. Simmer 5 minutes, stirring occasionally. Remove from heat. Stir in onion powder. Add cheese and stir until melted. Spoon into bowls and top with choice of toppings. Serves 4 to 6.

### **Suggested toppings:**

Warm sausage crumbles

Warm cubed ham

Cubed and browned Spam

Warm canned shrimp

Bacon pieces, real or vegetable protein

Warm black beans, rinsed and drained

Plain or seasoned canned diced tomatoes, rinsed and drained

Seasoned turnips and greens

Canned chopped spinach, well-drained

Chopped roasted red peppers from a jar

Sliced or chopped canned jalapenos

Canned chopped green chiles

Canned Shoepeg corn

Sliced black olives

Dried chives

Dried cilantro

Dried onion

Salsa

### Recommended combinations:

- crumbled sausage, sliced olives, salsa, and dried chives
- jalapeno black beans, chopped Mexican stewed tomatoes, Shoepeg corn, and dried cilantro
- ham, chopped spinach, roasted red peppers, dried onion