

GRITS

This is so easy and it goes well with many breakfast dishes.

Ingredients:

1 ½ cups Corn Grits
3 cups water
½ teaspoon Salt
1 teaspoon Butter (optional)

Preparation:

Boil salted water in a pot over medium heat. Add grit and stir. Cover pot and reduce heat to low. Cook for 5 minutes; add butter, stir then cover. Remove from heat and serve hot.

Serving suggestions:

Serve with Boil Fish, Stew Fish, conch, tuna salad, steam tuna, corn beef, chicken souse and the list goes on.