

## HAM, TOMATO, AND CHEESE GRITS CASSEROLE

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- ½ cup dry grits
  - 2 ¼ cups water
  - 4 eggs
  - ¼ cup milk
  - 1 tsp. hot pepper sauce or to taste
  - ¼ tsp. black pepper
  - 1 (14.5 oz.) can diced tomatoes, well-drained
  - 1 cup diced cooked lean ham
  - 1 cup shredded cheddar cheese
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1. Preheat the oven to 350 degrees F.
2. Bring water to boil in a medium saucepan over high heat. Stir in the grits. Reduce the heat and simmer, covered, for 5-7 minutes, or until all the liquid is absorbed, stirring frequently. Remove from heat.
3. In a small bowl, stir together the eggs, milk, hot sauce and black pepper until well blended.
4. Slowly stir the egg mixture into the grits; pour into a greased 1 ½-quart baking pan, such as an 11-inch by 7-inch baking pan. Sprinkle evenly with the tomatoes and ham.
5. Bake, uncovered, 35 minutes or until lightly golden and firm on the top. Sprinkle the cheese on top and bake 3 minutes to allow cheese to melt.

Serves 4; ¼ casserole per serving. Recipe provided by Nancy Hughes.

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