

Panhandle Grits

Yield: 6 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-biscuits-with-tomato-gravy-recipe-fresh-tomatoes>

Ingredients:

- 1/2 pound smoked sausage thinly sliced
- 1 cup cooked ham diced
- 1/2 pound bacon sliced, diced
- 1 onion finely chopped
- 1/2 cup chopped green bell pepper
- 3 cups fresh tomato chopped
- 1 teaspoon garlic powder
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- 4 cups water
- 1 tablespoon worcestershire sauce
- 1 teaspoon ground black pepper
- 1 teaspoon salt
- 1 tablespoon hot pepper sauce e.g. Tabasco™
- 1 cup grits yellow stone-ground
- 1 cup shredded cheddar cheese

Nutrition:

1. Calories: 610 calories
2. Carbohydrate: 30 grams
3. Cholesterol: 100 milligrams
4. Fat: 42 grams
5. Fiber: 3 grams
6. Protein: 27 grams
7. SaturatedFat: 16 grams
8. Sodium: 1860 milligrams
9. Sugar: 4 grams
10. TransFat: 1 grams

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