

“Bean” Prepared (Creamy Cajun Grits)

Prep time: 15 minutes

Cook time: 10 minutes

Serves four



Ingredients:

Grits:

- 1 cup grits
- 1 tsp salt
- 28 oz bottled water
- 1 cup canned corn
- 1 can of condensed cheese soup
- Black pepper (to taste)

Cajun Sauce:

- 1Tbsp olive oil
- 2 Tbsp dehydrated onion
- 1 cup beer
- 2 Tbsp tomato paste
- 8 oz condensed milk
- ¼ c chopped roasted red pepper
- ⅓ c chopped green chiles
- 1 can of kidney beans (rinsed with bottled water or leftover beer)
- 1 Tbsp cajun seasoning
- 1 Tbsp smoked paprika
- 1 Tsp salt

Directions:

Prepare grits according to package (around 5 minutes). Stir in corn and condensed soup until thick and creamy. Add black pepper to taste. In a separate saucepan add olive oil and dehydrated onion and cook until onion softens. Add beer and boil until the mixture has reduced. Reduce heat to low, whisk in tomato paste until evenly distributed. Add red pepper, green chiles, kidney beans cajun seasoning, paprika, and salt. Cook for five minutes on high until liquid is reduced. Remove from heat and add condensed milk. Pour over grits and serve. (Stir for best results).

