

Cheesy Grits with Creamy Beans

Time: 25 minutes (10 min prep, 15 min cook); Servings: ~4

Ingredients

- 1/2 white onion, finely diced
- 2 cloves garlic, minced
- 2 teaspoons canola oil
- 1 teaspoon dried oregano
- 1 teaspoon paprika
- 1 teaspoon Worcestershire sauce (or soy sauce)
- 4 cups of vegetable broth (can use Better than Bouillon)
- 1 cup of corn grits (non-instant, if possible)
- 15oz can of white beans, rinsed and drained
- 1/2 cup of cheddar cheese (shredded)

Nutrition Tip: Adding creamy white beans to a dish is a way to boost your fiber and protein intake!



Directions

1. Heat the canola oil in a medium pot over medium heat. Add the onions and garlic and cook until translucent.
2. Add oregano, paprika, Worcestershire sauce, and broth in pot and bring to a boil.
3. Add grits, reduce to a simmer and stir frequently. Cook until grits are tender and thickened (about 10—15 minutes).
4. Add in white beans and cheese and remove pot from heat.
5. Serve with *sautéed collard greens and tomatoes* (see other recipe card [here](#)).

Recipes were adapted from John “Wesley” McWhorter as presented at 2020 HKHL conference

Check out this “Bears in the Kitchen” recipe video at

uhs.berkeley.edu/nutritionvideos

*For more recipe ideas, visit **uhs.berkeley.edu/recipes***