Cheesy Grits with Creamy Beans

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

Ingredients

- ½ 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
- ½ cup of cheddar cheese (shredded)

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).

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

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