

Good Grits

(Milk Free, Wheat Free)

- 2 Cups Water
- Salt To Taste
- ½ Cup Grits (Quick-Cooking Variety)
- Optional: Butter
- Bring The Water To A Boil And Add Salt. Slowly Stir In The Grits, And Stir For A Few Seconds More. Turn The Heat To Medium-Low And Cover The Pan. Cook, Stirring Once Or Twice, For 5 Minutes. Remove From The Heat And Stir In A Pat Of Butter, If Desired. Serve Hot.