

CEREALS AND PASTA PRODUCTS No.E 002 00
HOMINY GRITS

Yield 100

Portion 2/3 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
84 cal	16 g	2 g	1 g	2 mg	107 mg	4 mg

Ingredient

WATER,BOILING

SALT

BUTTER

HOMINY GRITS,QUICK COOKING

Weight

33-1/2 lbs

7/8 oz

4 oz

4-1/2 lbs

Measure

4 gal

1 tbsp

1/2 cup

3 qts 1-1/8 cup

Issue

Method

- 1 Add salt and butter or margarine to boiling water.
- 2 Add grits gradually while stirring to prevent lumping. Bring to a boil; reduce heat; cover and cook for 5 minutes. Stir occasionally.