

BREAKFAST

Grillades and Baked Cheese Grits

5 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	12	\$2.07	544 kcal

Grillades and Baked Cheese Grits requires around 45 minutes from start to finish. For \$2.07 per serving, this recipe covers 33% of your daily requirements of vitamins and minerals. This breakfast has 544 calories, 48g of protein, and 33g of fat per serving. This recipe serves 12.

Ingredients

- ☐ 3 bay leaves
- ☐ 12 servings Baked Cheese Grits
- ☐ 2/3 cup all-purpose flour
- ☐ 4 garlic cloves, minced
- ☐ 2 cups chopped onion
- ☐ 4½ pounds round steak
- ☐ 29 ounce stewed tomatoes, undrained
canned
- ☐ 2 cups water
- ☐ 1½ cups chopped green bellpepper
- ☐ ½ cup chopped celery
- ☐ 1 teaspoon dried thyme
- ☐ ½ cup chopped fresh parsley
- ☐ ½ cup chopped green onions
- ☐ 2 teaspoons pepper
- ☐ 2 teaspoons salt
- ☐ 12 servings Vegetable oil
- ☐ 1½ cups chopped green bellpepper

EQUIPMENT Frying pan, Whisk, Dutch oven

Method

- 1

Cut meat into serving-size pieces; sprinkle with salt and pepper.

- 2 Pour 1/2 cup oil into a Dutch oven. Fry steak in batches in hot oil over medium-high heat until browned (about 2 minutes on each side.)
- 3 Remove to platter, and repeat until all meat is browned.
- 4 Measure pan drippings; add enough oil to drippings to measure 2/3 cup, and return to Dutch oven.
- 5 Add flour; cook over medium heat, whisking constantly, 10 minutes or until roux is caramel colored.
- 6 Stir in onion and next 5 ingredients; cook until tender. Stir in tomatoes and next 3 ingredients, stirring well.
- 7 Return meat to Dutch oven. Bring to a boil; cover, reduce heat, and simmer 1 1/2 hours, stirring occasionally.
- 8 Remove and discard bay leaves.
- 9 Serve with
- 10 Baked Cheese Grits.

Nutrition per serving

544	48 g	33 g	14 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			10.7 g · 67% of daily needs
Fibre			1.7 g · 7% of daily needs
Sugar			3.9 g · 4% of daily needs
Sodium			841 mg · 37% of daily needs
Cholesterol			137 mg · 46% of daily needs
Vitamin C			12 mg · 15% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/grillades-and-baked-cheese-grits-147960