

Sausage and Grits Good Bowls Recipe – makes 6, 11-12 oz Good Bowls
Equiti Foods/Good Bowls website: <https://eatgoodbowls.com/>

- 8 oz hot Italian chicken sausage squeezed out of skin and sauteed
 - liquid/fat mixed with grits
- 1 c. grits cooked in 3 c water w/ ¼ tsp salt (had about ½ cooked grits left over)
 - 1 Tbs margarine added
 - ¼ c cheese added
- 5 large eggs scrambled in olive oil and mixed with grits

- All vegetables diced in ¼-1/2 inch chunks, garlic minced
- 1 large onion
 - 2 Tbs garlic
 - 1 c (heaping) yellow pepper
 - 1.5 c red pepper
 - 1.5 c green pepper
 - 1.5 c sweet potato

- Mix into raw vegetables
- ½ c olive oil
 - 1 Tbs no salt herbs
 - 2 Tbs lower sodium soy sauce
 - 2 Tbs lemon juice
 - 1 tsp steak seasoning

Roast vegetable mixture – around 435 degrees

In each bowl

Layer:

- grits/eggs
- ¼ c cheese
- Sausage
- Veg mix
- ¼ c cheese