

Cheesy Grits with Black Beans, Avocado and Radish

35 minutes

Based on a recipe by Sarah Copeland



Ingredients

2 cups whole milk (or alt milk)	3 radish
1 cup cornmeal grits	3 green onions, thinly sliced
1 can black beans, rinsed and drained	Lime cut into wedges for serving
1/2 tsp cayenne	
1/2 cup cheddar, grated	
2 tbsp butter (optional)	
2 firm ripe avocados	



Instructions

1. Combine, 2 cups of water, milk, grits and 1 tsp of salt in a medium saucepan and cook over low heat, stirring frequently until completely tender, 20 to 25 minutes.
2. Meanwhile, in a small saucepan combine 1/2 cup of water with black beans and cayenne (use less if you do not like heat) and cook over low heat, stirring occasionally, until warm and saucy.
3. When the grits are tender, remove from heat, vigorously stir in the 1/2 cup of cheese and butter (if using), until the grits are creamy and almost fluffy.
4. Spoon into 4 bowls and top with saucy beans, avocado, thinly sliced radish and green onion. Grate more cheese over top if desired and serve with slices of lime alongside. Enjoy!