

Sweet Potato Grits

Recipe Courtesy of Chef Jernard Wells

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Ingredients:

- 1 cup mashed sweet potato
- 4 cups vegetable broth
- 2 cups old-fashioned grits
- 5 tablespoons butter
- 1/2 cup coconut milk
- 1/4-1/2 teaspoon salt
- 1/4-1/2 teaspoon garlic powder
- 2-4 tablespoons chopped green onion for *garnish*

Method

1. Pierce the sweet potato a few times with a fork and bake or microwave until soft.
2. Remove the skin and mash. Set aside.
3. Bring a quart of vegetable broth and 2 cups of grits to a boil in a medium-sized pot.
4. Once boiling, reduce heat to low and simmer for 15 minutes, stirring often.
5. Once the grits start to soak up the broth, add in the coconut milk and garlic powder then stir.
6. Fold in the sweet potato and butter.
7. Lastly, season with salt and pepper.
8. Garnish with chopped green onion.