

# Summer Series, Day Four: Crock Pot Grits

I might have found flirty peaches at the weekly Farmer's Market this morning, but we still need to have dinner, right?! Good thing I decided to make a big ol' batch of crock pot grits to cook low and slow all day. I mean, come on... it's three ingredients. That's barely even a recipe. So let me also tell you about the toppings I made for our grits bar tonight.



I like to make a simple crock pot of grits and then provide a buffet of toppings!

After my morning adventure and an afternoon swim, I popped into the kitchen at [Ooh La La, our beach house for the week](#), to whip up some easy toppings for our crock pot grits. Personally, I love a good dish of [shrimp and grits](#) with just the right balance of textures and a kick of spice, but not everyone is as big a fan of this southern specialty. So I've found that it's better to make toppings and let people make their own concoction.

I have four tonight: 1. shrimp scampi 2. sauteed spinach 3. shredded cheddar cheese 4. maple syrup (but that last one stands alone for those people—AKA kids— that like their grits to be sweet instead of savory). Oh— and a couple adults added sriracha dribbles on top just to crank it up a notch!

This worked out to be a great easy dinner before going to the luau tonight. The what?! Oh yes, there is a luau every Tuesday night at the [Koru Village Resort and Spa](#). It was so much fun to have the kids swashbuckle with pirates, swim with mermaids and party with fire dancers!



So here's the quick recipe for tonight's dinner. We shared it with the owners of [Ooh La La, our beach house for the week](#). They are a fabulous local family that have really done an amazing job updating this vacation home! Since I've been blogging all week from here, I only thought it right to share some of my cooking! Even the baby enjoyed the grits, and there is nothing better than a gooey grits and toothless grin!

## Crock Pot Grits

Serves 12

3 cups stone ground grits (white or yellow)

11 cups water

1 t. salt

Put all ingredients in crock pot and give it a good stir. Cook on low for 8 hours– it's ok to stir it one or twice to make sure it cooks evenly.