



# Cornmeal Mush



**SERVINGS**

4



**COOKING TIME**

5 min

Cornmeal Mush is a unique southern style dish served as an appetizer or side and is both soft and hearty. This simple cornmeal dish can be enjoyed with milk and syrup in the morning or with margarine, salt and pepper throughout the day. Cornmeal Mush is the ultimate comfort food made with just 3 simple ingredients.

## Ingredients

- 4 cups water
- 1 tsp salt
- 1 cup [Quaker® Yellow or White Corn Meal](#)

## Cooking Instructions

1. Bring 3 cups of water to a boil.
2. Combine the remaining 1 cup water, corn meal and salt; slowly pour into boiling water, stirring constantly.
3. Cook until thickened, stirring frequently.
4. Cover, continue cooking over low heat 5 minutes; stir.
5. Serve hot with milk and syrup or with margarine, salt and pepper.