Louisiana HARVEST of the MONTH

Shrimp & Grits

Home Recipe

Serves: 8
Cook Time: 30 minutes

Ingredients

For the Girts:

- ¾ cup grits
- 2 cups water
- ¼ tsp salt
- 4 oz cheddar cheese, grated
- 2 Tbsp unsalted butter

For the Shrimp:

- 3 Tbsp unsalted butter
- ¾ cup chopped onion
- ½ cup chopped green bell pepper
- 2 garlic cloves, minced
- 1 cup diced tomatoes with a little juice
- ½ tsp thyme
- ½ tsp Creole seasoning
- 1 Tbsp flour
- 1 pound of large shrimp, peeled
- ½ cup shrimp or chicken stock
- 2 tsp Worcestershire sauce
- 2 Tbsp chopped fresh parsley
- 1/3 cup heavy cream
- 1 tsp tabasco
- Salt to taste

Cooking Instructions

1) **For the Grits:** In a medium sized heavy bottom pot bring 2 cups of water to a boil and stir in the grits. Reduce the heat to low, cover and cook for 25 to 30 minutes, stir occasionally, until the grits are tender and the liquid has been absorbed. Remove from the heat and stir in the salt, cheese and butter until they are melted. Keep the grits warm.
2) **For the Shrimp:** Melt the butter in a large skillet over medium heat and sauté the onion, pepper and garlic until softened, about 3 minutes. Add the tomatoes, shrimp, creole seasoning and thyme; bring to a simmer. Cook for 3 minutes. Sprinkle with flour and stir well. Add ½ cup stock and cook for 2 to 3 minutes more. Add the cream, Worcestershire and Tabasco. Heat thoroughly, being careful not to let it come to a boil. Taste for salt.
3) Serve the grits and top with shrimp.

Nutrition Facts

servings per container
Serving size (179g)

Amount per serving
Calories 270

	% Daily Value*
Total Fat 16g	21%
Saturated Fat 10g	50%
Trans Fat 0.5g	
Cholesterol 115mg	38%
Sodium 590mg	26%
Total Carbohydrate 18g	7%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 13g	
Vitamin D 0mcg	0%
Calcium 146mg	10%
Iron 0mg	0%
Potassium 207mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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