

SHRIMP & GRITS



Ready In: 35 minutes

Serves: 5

What you'll need

- Measuring cups
- Measuring spoons
- Sharp knife
- Cutting board
- Large pan
- Medium pot with a lid
- Spatula or spoon

INGREDIENTS:

- 1 cup Grits
- 2 cups Low-sodium Broth (Chicken or vegetable)
- 2 ½ cups Water
- ½ cup Cheddar Cheese (sharp, grated)
- 3 stalks Scallions (finely chopped)
- 1 pound Shrimp (peeled and deveined)
- 1 tablespoon Vegetable Oil
- 1 Onion (medium, chopped)
- 1 Bell Pepper (chopped)
- 2 stalks Celery (chopped)
- 2 cloves Garlic (finely chopped)
- 1 Green Chili Peppers (finely diced (optional))
- 1 Tomato (chopped)

HOW TO COOK:

- Instructions are on the following slide.

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HOW TO COOK:

1. Bring the stock to a boil in a medium-sized pot, then turn the heat down to low and slowly pour the in the grits while stirring briskly with a wooden spoon. Stirring while pouring is a crucial to keep the grits creamy and smooth—no lumps! Once the grits become smooth and a little thicker, place the lid on the pot with the spoon still in it so that steam can escape.
2. Let the grits cook while you prepare the rest of the meal, checking in occasionally to give them a stir. The total cooking time should be about 25 to 30 minutes.
3. Meanwhile, prepare the shrimp and vegetables. Heat the oil to a large pan on medium heat. Add the onion, pepper, and celery. Sauté until the onion is just translucent, about 2 minutes.
4. Add the garlic, as well as the green chili if you like things spicy. Let everything cook for another minute. Add the tomato and cook for 3 or 4 minutes, until the tomato releases its juice and the vegetables resemble a thick and chunky sauce. Add a dribble of water to keep everything loose and saucy, then toss in the shrimp.
5. Cook, stirring occasionally, until the shrimp are pink all over. Add salt and pepper to taste.
6. Once the grits are ready, take them off the heat and add the cheese and most of the scallions, then stir. Ladle the grits into bowls and top with the shrimp, vegetables, and a few more scallions.