Recipe: Shrimp & Grits

Serves: 4 servings Prep Time: 25 min. Cook Time: 15 min.

Ingredients:

1 bell pepper, chopped
Green onions, chopped
1 lb peeled & deveined shrimp
2/3 cup Cream
2/3-1 cup Chicken or Vegetable Broth
Cajun seasoning, to taste
Parmesan cheese

Directions:

- 1. Prepare Grits, substitute milk and water for the water, on grits' package. Add minced garlic to the milk.
- Once the grits have finished, add Gouda Cheese at the end and cover to melt cheese into the grits.
- In a clean hot skillet, drizzle your oil then add your sausage, cook until sausage is cooked through.
- Remove sausage, add pepper and onion to pan and cook till onions are clear.
- 5. Remove peppers and onions, you can add to sausage waiting.



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6.	Add Shrimp, add Cajun seasoning to taste to shrimp as they cook.	Try to only turn them once.	They will turn
	pink when they have cooked. About 3-4 minutes.		

- 7. Deglaze skillet with broth
- 8. Add sausage and vegetables to shrimp.
- 9. Add cream to skillet and stir till hot.
- 10. Plate with grits first, then Shrimp mixture. Top with parmesan cheese. Serve immediately.

Notes:			

