

Shrimp and Grits

Serves: 5

Ingredients:

- 1 cup Grits
- 2 cups Vegetable or Chicken Broth low-sodium
- 2 ½ cups Water
- ½ cup Cheddar Cheese sharp, grated
- 3 stalks green onions, 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



Directions:

1. Wash hands with soap and water.
2. Bring the stock to a boil in a medium-sized pot, then turn the heat down to low and slowly pour in the grits while stirring briskly with a spoon. Stirring while pouring is important to keep the grits creamy and smooth.
3. 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.
4. Next, 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.
5. 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 vegetables resemble a thick and chunky sauce. Add a small amount of water to keep the sauce thin, then toss in the shrimp.
6. Cook, stirring occasionally, until the shrimp are pink all over and temperature reaches 145 degrees F. Add salt and pepper to taste.
7. Once the grits are ready, take them off the heat and add the cheese and most of the green onions, then stir. Ladle the grits into bowls and top with the shrimp and vegetables.

Nutrition Facts: Each 1 ½ cup serving provides 342 Calories, 10g Total Fat, 4 g Saturated Fat, 381 mg Sodium, 33 g Total Carbohydrate, 9 g Dietary Fiber, and 36 g Protein