

Cheesy Shrimp and Grits

The best Shrimp and Grits recipe- super creamy and cheesy!

Prep Time	15 minutes
Cook Time	20 minutes
Total Time	35 minutes
Servings	6 servings
Calories	931kcal
Author	RecipeGirl.com
Course	Main Course
Cuisine	American
Keyword	grits, Shrimp, southern



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INGREDIENTS

GRITS:

- 3 cups low fat milk
- 3 cups water
- 1.5 teaspoon Kosher salt
- 1.5 cup yellow cornmeal grits
- 3 tablespoons salted butter
- 1.5 cup shredded white cheddar cheese

SHRIMP & SAUCE:

- 6 slices bacon, chopped
- 2.25 pounds shrimp, peeled & de-veined
- 2.25 cups chopped onion
- 4.5 cloves garlic, minced
- 4.5 tablespoons cornstarch
- 2.25 cups low sodium chicken broth
- 1.5 cup heavy cream
- 1.5 tablespoon butter
- 1.5 teaspoon cayenne pepper (use less if you don't like spicy)
- 1.5 teaspoon hot sauce
- 0.75 teaspoon Kosher salt

- 0.75 teaspoon freshly ground black pepper
- 0.75 cup chopped green onions
- 0.38 cup chopped fresh parsley

INSTRUCTIONS

PREPARE THE GRITS:

1. In a large pot over medium heat, add the milk, water and salt. Bring to a simmer. Whisk in the grits and continue whisking until they begin to thicken. (This will help eliminate lumps.) Continue to cook the grits for 10 to 15 minutes, stirring occasionally, until thickened. Stir in the butter and cheese. Cover and set aside.

PREPARE THE SHRIMP & SAUCE:

1. In a large skillet, cook the bacon over medium-high heat until crisp. Transfer to a paper towel lined platter using a slotted spoon to drain.
2. Return the skillet to the heat and add the shrimp to the pan. Cook for 1 to 2 minutes on each side. Transfer the shrimp to a platter and keep warm.
3. Add the onions to the skillet and cook until softened. Stir in the garlic and cook for 1 minute. Sprinkle the cornstarch over the onions/garlic and cook for an additional minute. Whisk in the chicken stock and cook until the sauce begins to thicken. Whisk in the cream, butter, cayenne pepper, hot sauce, salt and pepper. Continue cooking until the sauce starts to thicken more. Return the shrimp to the pan and cook for 3 to 4 minutes- making sure not to overcook the shrimp. Stir in the bacon, green onions and parsley.

SERVE:

1. Spoon about 1 cup grits onto a plate and top with 4 to 5 shrimp. Pour about 1 cup gravy over the shrimp. Repeat with remaining grits and shrimp. Serve immediately.

NUTRITION

Serving: 1serving | Calories: 931kcal | Carbohydrates: 53g | Protein: 56g | Fat: 54g | Saturated Fat: 30g | Cholesterol: 586mg | Sodium: 2735mg | Potassium: 708mg | Fiber: 2g | Sugar: 9g | Vitamin A: 2275IU | Vitamin C: 21.2mg | Calcium: 670mg | Iron: 5mg

recipe found on: <https://www.recipegirl.com/cheesy-shrimp-and-grits/>

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