

# CAJUN SHRIMP AND GRITS

with Andouille Sausage

## INGREDIENTS

Prep Time: 2 Hours

Servings: 6

### Cheesy Grits

2 cups Low-Sodium Chicken Stock

1 cup Milk

2 tablespoons Unsalted Butter

1 cup Grits

1 cup Sharp Cheddar Cheese

Salt and Pepper

### Cajun Shrimp and Sausage

1/2 lb Bacon or Tasso Ham, chopped

3 tablespoons Olive Oil, divided

1/2 lb Bacon or Tasso Ham

2 teaspoons Garlic, minced

1 cup Yellow Sweet Onion, chopped

1/2 Red Bell Pepper, chopped

2 teaspoons Cajun Seasoning

1/2 Lemon, juiced

1 pound Shrimp, peeled and deveined

1 pound Andouille Sausage, sliced

1/2 cup Scallions

Salt and Pepper

## DIRECTIONS

1. **Prepare the Cheesy Grits:** add chicken stock, milk and unsalted butter to a medium saucepan and bring to a boil over medium heat. Add grits and reduce heat to medium-low, cooking and whisking until thickened.

2. Stir in cheddar cheese and salt and pepper to taste. Set aside and cover to keep warm.

3. **Prepare the Shrimp and Sausage:** preheat a frying pan over medium heat. Add the bacon and cook until browned and crispy. Remove from pan to a paper-towel lined plate to cool and drain, leaving the bacon grease in the pan.

4. Add 2 tablespoons of the olive oil to the pan along with the bacon grease and heat over medium heat until oil is shimmering. Add the onion and bell pepper, cooking until onions are translucent and bell peppers are tender. Add the garlic, cajun seasoning, lemon juice and shrimp to the pan and continue to cook 3-4 minutes until the shrimp are pink and opaque. Season with salt and pepper to taste. Empty the pan into a medium bowl.

5. In the same pan, add the remaining 1 tablespoon olive oil and heat until shimmering. Add the sausage and cook 3-4 minutes, just until lightly browned. Add to the bowl with the shrimp and stir together.

6. Divide the grits amongst 6 bowls. Divide the shrimp and sausage mixture amongst bowls and top with scallions. Serve immediately.

