



SHRIMP AND GRITS

INGREDIENTS:

1 pound of Shrimp, peeled with tail removed
1 cup stone ground (gluten free) grits
2 cups of water
1 1/2 cups of hot stock - I prefer chicken, but seafood would work
1 cup of milk, heavy cream, or almond milk. I used almond milk and it was great.
salt and pepper
1/2 tsp. cayenne pepper
Cheese: I use a combination of about 2 oz. of cream cheese and 2 -3 TBS. of feta.
2 TBS. of butter
6 slices of bacon, cooked, drained, then chopped
Coconut Oil
2 TBS. finely chopped onion
1 clove of garlic, minced
2 TBS finely chopped red and/or green pepper
Green Onion - sliced thin, green parts only
3 TBS. fresh lemon juice
Cherry Tomatoes, rinsed and quartered
1 Ripe Avocado, diced

DIRECTIONS:

To cook grits, I always start off with my grits, a little salt and cold water. I bring the mixture to a boil, reduce it to a simmer, and then I add in the other liquids (stock and milk) slowly as the mixture thickens and cooks until the grits are cooked. Adjust the seasoning of salt and pepper, add in your butter and cheeses, and allow it to stay warm.

Cook your bacon, and then clean your pan.

Using about 2 TBS of coconut oil, sauté your onions. Add in your shrimp and pepper. Shrimp only need to cook really until they turn pink completely - so you'll want to have ALL of your remaining ingredients ready.

AS your shrimp cook, add in the bacon, tomatoes, and just before done, and squeeze in your lemon juice.

To serve, using a large soup bowl works best, but put your grits in the bowl as a base. Spread your Shrimp, tomato, onion, pepper, garlic, and lemon juice mixture around the perimeter of the bowl. Garnish with the avocado and green onions and serve.