



Shrimp, Peppers and Cheese Grits

Prep Time: 10 min

Cook Time: 30 min

Serves: 4

NUTRITION FACTS, PER SERVING:

405 calories

26.82 g fat

1,020 mg sodium



INGREDIENTS: **** Items not included in kit**

SHRIMP

- 1 lb. shrimp
- 2 TB olive oil**
- 1 cup red bell pepper, diced
- 1 cup green bell pepper, diced
- Salt & black pepper, to taste**
- 1 can diced tomatoes with green chilies
- 1/2 bunch Green onions, sliced thinly
- 1/4 cup fresh parsley, chopped for garnish

CHEESE GRITS

- 2 cups low sodium chicken broth (Measure Out)
- 2 cups water**
- 1 cup grits
- 2 TB butter**
- 1 cup shredded cheddar cheese
- Salt & black pepper**

SALAD

- Salad greens
- Cucumber, sliced
- Carrot, sliced
- Your favorite salad dressing**

DIRECTIONS:

1. Thaw and pat dry the **shrimp**. Wash **4 green onions** and thinly slice, discarding the root end and the top 1 inch, set aside. Wash and dry **parsley**, chop the leaves to make 1/4 cup, set aside to use as a garnish before serving.
2. SHRIMP: In a large skillet, heat **2 TB olive oil** over medium high heat. Add the **red & green bell peppers**, season with a **pinch of salt and black pepper, to taste**. Sauté 10 minutes. Add the **thawed shrimp** to the pan and continue to sauté stirring to combine until shrimp are cooked through and turned pink, about 5 minutes. Add in the can of **diced tomatoes with green chilies** and cook for 5 minutes longer, stirring to combine. Remove from heat and stir in the **thinly sliced green onions**.
3. CHEESE GRITS: Bring **2 cups chicken broth** and **2 cups water** to a boil, slowly stir in **1 cup grits** and cook, covered, on low to medium heat, stirring often for 12-15 minutes. Remove lid, stir in **2 TB butter** and **1 cup shredded cheddar cheese** and season with a **pinch of salt & black pepper, to taste**.
4. Serve the **shrimp & peppers** over the **grits**, and garnish with **fresh parsley**.
5. Toss the **salad greens, sliced cucumber, and sliced carrot** with your **favorite salad dressing**.

Food provided in this meal kit may have come in contact with, or may contain peanuts, tree nuts, soy, milk, eggs, wheat, fish, or shellfish.

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