

Shrimp and Andouille Grits

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-shrimp-and-grits-recipe-with-sausage>

Ingredients:

- 4 cups water
- 1 cup grits /cornmeal
- 1 tablespoon oil
- 1/2 pound andouille sausage cut into small pieces
- 1 tablespoon Cajun seasoning
- 1/2 pound shrimp peeled and deveined
- 1 tablespoon oil
- 1 onion diced
- 1/2 green bell pepper diced
- 1/2 red bell pepper diced
- 2 stalks celery diced
- 2 cloves garlic chopped
- 1/2 teaspoon thyme chopped
- 1 tablespoon Cajun seasoning
- 1 cup chicken broth
- 1 tomato diced
- salt
- pepper
- 1/4 cup heavy cream
- 3 green onions sliced
- 1 handful parsley chopped
- 2 tablespoons butter
- 1 cup cheddar grated
- salt
- pepper

Nutrition:

1. Calories: 740 calories
2. Carbohydrate: 48 grams

3. Cholesterol: 195 milligrams
 4. Fat: 47 grams
 5. Fiber: 6 grams
 6. Protein: 34 grams
 7. SaturatedFat: 19 grams
 8. Sodium: 1110 milligrams
 9. Sugar: 4 grams
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