

# Barbecue Shrimp & Grits

Yield: 11 min  
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-soul-bbq-meat-rub-ingredients-recipe>

## Ingredients:

- 2 pounds jumbo shrimp peeled, deveined, tails on
- meat
- seasoning
- 1/2 cup fresh parsley minced, for garnish, optional
- 1 tablespoon chile oil Colonial
- 1/2 cup red onion small dice
- 2 tablespoons minced garlic
- 1 tablespoon fresh rosemary
- 1 teaspoon meat Church Holy Voodoo Seasoning
- 1/2 teaspoon smoked paprika
- 1/4 teaspoon cayenne
- 1 lemon
- 1/4 cup worcestershire
- 1 tablespoon hot sauce Killer Hogs
- 1 cup beer
- 2 tablespoons heavy cream
- 1/2 cup unsalted butter diced
- smoked salt Noble Saltworks Hickory, to taste
- 6 cups water
- 1 3/4 cups stone ground grits yellow
- 1 cup heavy cream
- 1 cup chicken stock
- 4 ounces smoked cheddar grated
- 2 ounces Parmigiano Reggiano fine grated
- 2 ounces unsalted butter
- smoked salt Noble Saltworks Hickory, to taste

## Nutrition:

1. Calories: 430 calories

2. Carbohydrate: 7 grams
  3. Cholesterol: 220 milligrams
  4. Fat: 34 grams
  5. Fiber: 1 grams
  6. Protein: 24 grams
  7. SaturatedFat: 19 grams
  8. Sodium: 560 milligrams
  9. Sugar: 2 grams
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