



Shrimp And Grits Bowl



SERVINGS

4



COOKING TIME

37 minutes

Prepare this creamy southern favorite in under an hour for an appetizer or side dish for lunch, or dinner everyone will love. Our shrimp and grits recipe is tangy, flavorful, and full of hearty shrimp. Not only is this grits bowl delicious but can be made with a couple different variations. Add in cheese for the cheese lovers or bacon for the bacon lovers, either way the recipe will be a hit.

Ingredients

- 1 cup(s) [Quaker® Grits, Old Fashioned or Quick](#)
- 3 cup(s) no sodium or low sodium vegetable or chicken broth
- 2 cloves garlic, minced, divided
- 1/4 teaspoon(s) salt, optional
- 3/4 cup(s) thinly sliced green onions, divided
- 1 tablespoon(s) unsalted butter
- 1 pound(s) medium shrimp, peeled and deveined, thawed if frozen, pat dry (see note)
- 1 cup(s) diced red bell pepper
- 1 cup(s) white wine (or no sodium or low sodium vegetable or chicken broth)

Cooking Instructions

1. Preheat oven to 350° F.
2. Bring broth to briskly rolling boil in medium saucepan. Slowly stir in grits, half of garlic and salt, if desired.
3. Reduce heat to low; cover. Cook 15 to 20 minutes for Old Fashioned, 5 to 7 minutes for Quick or until thickened, stirring occasionally. Remove from heat.
4. Stir 1/4 cup green onions into grits. Press grits into bottom and up sides of 4 (2 cup capacity) ramekins or baking dishes sprayed with nonstick cooking spray. Place on baking sheet. Bake 15 minutes or until set and beginning to brown.

5. Meanwhile, heat butter in large nonstick skillet over medium heat. Add remaining garlic to skillet. Cook and stir 1 minute or until fragrant. Add shrimp. Cook about 3 minutes, stirring frequently, just until pink. Remove from skillet. Add bell pepper. Cook and stir 2 to 3 minutes or until crisp-tender. Increase heat to medium-high. Add wine; cook and stir to reduce slightly. Add 1/4 cup green onions. Return shrimp to skillet. Cook and stir 1 to 2 minutes to heat shrimp.
6. Spoon shrimp into grits “bowls.” Sprinkle each with remaining 1/4 cup green onions.