Southern Style Shrimp & Grits

Cooking time
approximately 30 minutes

Let’s Make a Meal™ is a restaurant-quality meal that you can make at home. Instead of hunting for a recipe, making a shopping list, and buying a whole jar or bottle when you only need a little, we included exactly what you’ll need to create a meal for two. So grab a glass of wine and start cooking!

Ingredients

1 tablespoon all natural chicken demi-glace
1 cup grits
1 yellow onion
1 red bell pepper
1½ tablespoons canola and olive oil blend
½ pound shrimp, peeled and deveined
¼ bunch parsley
1 teaspoon lemon juice
1 cup shredded cheddar
1½ tablespoons sour cream
½ teaspoons salt
½ teaspoon black pepper

Equipment Needed

Sharp knife
Large saucepan
Large skillet
Measuring cup
Whisk
Grilling tongs

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Cut the red bell pepper and yellow onion into a small dice. Mince the parsley.

In a saucepan, dilute the all natural chicken demi-glace in 4 cups of warm water. Mix until fully combined.

Place the saucepan over high heat and bring demi-glace mixture to a boil. Reduce heat to low and slowly stir in the grits. Continue to cook and stir for 5–7 minutes or until thickened.

Using tongs, place shrimp one at a time in the skillet, making sure each shrimp touches the bottom of the pan. Sprinkle the salt and pepper over the shrimp. Sauté for 1–2 minutes.

Stir shredded cheese and sour cream into the thickened grits. Season with salt and pepper to taste.

Divide grits between two plates and top with the shrimp mixture.

Add the oil to a large skillet and heat over medium heat. Add the diced onion and red pepper. Sauté until slightly tender, about 4–5 minutes.

Using tongs, turn each shrimp over. Add chopped parsley and lemon juice then stir carefully to combine. Sauté for 3–4 minutes longer or until the shrimp turns pink. Remove from heat and let sit for 1 minute.

Show us your finished dish! Post a photo on social media, tag Standard Market (@StandardMarket), and use the hashtag #letsmakeameal.