

# SHRIMP & CHEDDAR GRITS WITH OKRA

Serves 3-4

## Ingredients

1.5 C water  
1 TBS butter  
salt and pepper  
1/2 C grits  
1/2 C shredded cheddar cheese  
2 garlic cloves, minced  
1/4 red onion, diced  
2 TBS Cajun seasoning  
2 C sliced okra (frozen is great)  
1/2 C sun dried tomatoes, sliced  
1 lb peeled and deveined shrimp  
1/4 C broth  
1 C shredded lacinato kale  
Optional - 2 Italian sausage links and/or 1 C chopped mushrooms



## To make grits:

Bring water, butter and a sprinkle of salt to a boil. Stir in grits and simmer on low for 15 minutes. Once the water has been absorbed, stir in the cheddar and season with s&p. Set aside, keeping it covered to stay hot.

## While the grits cook:

In a large skillet, heat 1 TBS oil and sauté garlic and red onion. Cook for 3-5 minutes, then make room in the middle of the pan for the okra and add them in. Sprinkle the Cajun seasoning over the okra. Keep the heat at medium-high and pan fry the okra, letting them sit untouched for a few minutes before stirring, cooking until the okra starts to get brown and crispy. add in sausage or mushrooms and cook until they start to brown. Stir in sun dried tomatoes and shrimp. Cook for 5-8 minutes or until shrimp are cooked through, then add in broth and kale. Cook an additional 3-4 minutes to wilt down the greens. Season with salt and pepper.

Serve each bowl with a 1/4 C cooked cheddar grits, then divide the shrimp and sausage between each bowl and spoon pan juices over.