

# Shrimp and Grits

## Shrimp Marinade

¼ tsp. cayenne pepper  
2 tbs. paprika  
2 tbs. chili powder  
1 tbs. garlic powder  
1 tsp. Ancho chile powder  
1 tsp. light brown sugar  
2 lb. shrimp, cleaned, peeled, deveined, tails off

1 small yellow onion, diced  
2 cloves garlic, minced or pressed  
1 (32-ounce) can whole peeled tomatoes  
2 bay leaves  
1 tsp. dried thyme (or 1 tbs. fresh)  
1 tsp. dried sage (or 1 tbs. fresh)  
1 tsp. Kosher salt  
1/8 tsp. freshly ground black pepper

## Sauce

2 tbs. unsalted butter  
1 red bell pepper, diced  
1 green bell pepper, diced

## Parmesan Grits

1 cup quick-cooking (5 minute) grits  
1 tsp. Kosher salt  
½ tsp. freshly ground black pepper  
2 tbs. unsalted butter  
½ cup grated Parmesan cheese

## Marinate the Shrimp

Combine all spices (cayenne through brown sugar) in a large bowl; whisk to combine. Add in the shrimp, tossing to combine. Cover, refrigerate, and marinate for at least 6 hours and up to overnight.

## Make the Sauce

In a large Dutch oven or stock pot, melt 2 tbs. butter over medium-high heat. Add in the marinated shrimp. Sauté until shrimp are pink on all sides, stirring occasionally (about 2 minutes per side). Remove the shrimp from the Dutch oven, cover, and set aside. In the same pot, add in the red and green bell pepper and the onion. Sauté until veggies are softened (about 8 minutes). Add in the garlic and sauté another 30 seconds or until fragrant. Then, crush the tomatoes by hand into the pot and pour in remaining juices. Add in the bay leaves, thyme, sage, salt, and pepper. Stir to combine, cover, and bring to a boil. Reduce heat to medium-low and simmer 20 minutes. Then, add the shrimp back to the sauce and simmer another 3 minutes.

## Make the Grits

While the tomato sauce simmers, make the Parmesan Grits. Bring 4 cups of water to a boil, then turn the heat off. Slowly pour in 1 cup of quick-cooking grits, stirring to combine. Let sit for 5 minutes so grits absorb the liquid, then add in the Kosher salt, black pepper, butter, and Parmesan cheese. Stir to combine.

## To Serve

Place a generous scoop of grits in a bowl, top with shrimp and tomato sauce, and garnish with chopped green onions or flat-leaf parsley.

