

Shrimp and Andouille Sausage with Grits

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Yield: 4 Servings

Ingredients

Shrimp & Sausage

- 5 Tablespoons Extra Virgin Olive Oil
- 1 Pound (About 4 Links) Andouille Sausage, chicken or pork, sliced ¼ inch thick
- ¼ Cup Green Bell Pepper, diced
- ¼ Cup Onion, diced
- ¼ Cup Celery, diced
- 1 Bay Leaf
- 2 Cloves Garlic, finely minced
- 1 Cup Low Sodium Chicken Stock
- 1 Pound Shrimp (size 21-25), uncooked, peeled, deveined
- ½ Cup Heavy Cream
- To Taste Kosher Salt
- To Taste Black Pepper
- 2 Teaspoons Grand Diamond All Purpose Seasoning
- 1 Roma Tomato, deseeded, diced
- 1 Tablespoon Fresh Parsley, chopped

Yellow Corn Grits (also known as Polenta)

- 1 Cup Grits
- 1¼ Cup Milk, Whole or Low Fat
- 1¼ Cup Water
- To Taste Kosher Salt
- To Taste Black Pepper
- To Taste Butter

Directions

To prepare the grits, bring the milk and water to a low simmer in a medium size sauce pot over low to medium-low heat. Do not cover the pot.

Next, preheat a large skillet over medium-high heat. Add 3 tablespoons of olive oil and allow it heat up for about a minute. Add the sliced sausages into the pan and brown them for about 8 to 10 minutes. Once browned, pour them into a bowl and set aside.

Next, vigorously whisk the grits into the simmering milk and water mixture so as to avoid lumps. Let it simmer on medium-low giving it a stir every 5 minutes or so. Cook for 25 to 30 minutes.

Using the same skillet (where the sausages were browned) over medium-high heat, add the remaining 2 tablespoons of olive oil. Sauté the bell pepper, onions, celery and the bay leaf. Add a pinch of salt and pepper and cook for about 5 to 8 minutes or until the vegetables are softened. Next, add the garlic, stir and cook for another 1 to 2 minutes.

Add the browned sausages back into the skillet and stir to combine for 1 or 2 minutes. Next, add the chicken stock and stir. Turn the heat down to medium-low and simmer.

Check the grits and stir. (**Note:** Just in case thinner grits are desired, you may combine ½ cup of water and ½ cup of milk in another small sauce pot over low heat in order to whisk in the desired amount of liquid into the grits.)

Season the shrimp with Grand Diamond All Purpose Seasoning. add the shrimp, tomatoes, and parsley to the skillet and stir. Keep the heat low and continue to cook just until the shrimp turn pink, about 5 minutes or so. Next, pour in the heavy cream and stir. Taste to adjust the seasoning to taste. Turn off the heat.

Once the grits are done, pour the desired amount of grits into a shallow bowl. Ladle the shrimp, sausage and sauce over the grits. Serve immediately.