



# Street Parking Shrimp & Grits



prep time  
15 minutes



total time  
1 hour  
45 minutes



servings  
4

## Ingredients

- 1 pound/450 grams of raw peeled medium shrimp (~12 servings of protein)
- 2 cups fire roasted tomatoes (~2 servings of veggies)
- 1 chopped medium yellow onion (~1.5 servings of veggies)
- 1 chopped poblano chili (~1 serving of veggies)
- 1 tbsp olive oil (~1 serving of fat)
- 2 tsp minced garlic
- 1 tsp coconut aminos
- 1 tsp black pepper
- 2 tsp salt
- 3 cups water
- 1 cup/184 grams uncooked stone-ground yellow grits (~7.5 servings of carb)
- Sliced scallions

## Instructions

- 1 Slow cooker grits-** Place grits, water and 1 tsp salt into the slow cooker. Cover and cook on high for 1½ hours. **OR Stove grits-** In a medium pot bring 3 cups water with 1 tsp salt to a boil. Add grits and reduce heat to low. Cook for about 5 minutes, stirring occasionally, until liquid is absorbed and grits are creamy. Remove from heat and let stand for 1-2 minutes.
- 2** Meanwhile, heat oil in a large nonstick skillet over medium-high. Add onion and poblano chili. Cook, stirring often, until onion is softened, about 8 to 9 minutes. Add garlic and cook for 1 minute.
- 3** Then stir in diced tomatoes, coconut aminos, black pepper, and salt. Simmer for 5 minutes.
- 4** Then add shrimp, and cook until just pink, 3 to 4 minutes.



- 5** Once grits are cooked, top with shrimp mixture and diced scallions.

Whole recipe serving breakdown:  
12 Servings Protein  
7.5 Servings Carb  
1 Servings Fat  
5.5 Servings Veggies

\*You won't find Grits listed on your food chart. These will be a lower volume carb. There are roughly 2 servings of carbs in ¼ cup/46g raw. You could always swap the grits for rice in this recipe if you would like a different carb source!