



Tags: Vegan, Vegetarian, Breakfast, Lunch, Dinner
Allergens: Soy

Vegan Shrimp & Grits:

Makes 4 servings

Prep: 10 minutes

Cook time: 30 minutes

Description:

Not everyone eats meat or animal products, but that shouldn't stop you from enjoying shrimp and grits! This recipe was designed with easy alternatives in mind, with fried tofu instead of shrimp, but you are more than welcome to use vegan shrimp instead. With its deep flavor and beautiful colors, this dish might even give classic shrimp and grits a run for its money!

Ingredients:

- 4 cups vegetable broth
- 1 cup Professor Torbert's Orange Corn Grits
- 1 bay leaf (optional)
- 3 tbsp unsweetened soy milk
- 1 tbsp light olive oil
- ½ cup of vegan shredded cheddar cheese
- 2 tbsp dairy free margarine
- Vegetable oil or dairy free margarine (for cooking)
- 14 oz firm tofu, cubed, pressed, and drained or 12-16 vegan shrimp

- ¾ tsp salt
- ¼ tsp Chili powder
- ¼ tsp Cayenne pepper
- ¼ tsp Black pepper
- ½ tsp Paprika
- 1-2 tbsp corn starch, if using tofu
- ½ medium onion, thinly sliced
- Green bell pepper
- 1 clove of garlic, minced
- ½ tsp vegan Worcestershire Sauce
- Fresh parsley, finely chopped (reserve some for garnish)
- 2 tsp lemon juice

Directions:

Grits:

1. In a medium sized pot, bring the vegetable broth to a boil. Add Professor Torbert’s Grits, and stir. Bring the mixture up to a simmer and add the bay leaf. Cover the pot and allow to lightly simmer for about 20 minutes.
2. Once the grits are ready, stir in the soy milk and olive oil, 2 tbsp dairy free margarine, and vegan cheddar cheese. Remove the bay leaf. The grits are ready to serve.

Shrimp:

1. While the grits are cooking, toss the shrimp/tofu in the chili powder, cayenne pepper, black pepper, paprika, and salt. Also include the cornstarch in this mixture if using tofu.
2. Heat up margarine or oil in a pan, and add the onions and bell peppers to the hot pan. Saute on medium heat until soft.
3. Add the garlic and cook briefly.
4. Add the shrimp/tofu, and add Worcestershire Sauce, parsley, and lemon juice over them as well. Keep the heat around medium, medium-high to make sure the garlic does not burn. The shrimp/tofu should cook about 3 minutes on each side.
5. Transfer grits to a bowl, and top with the shrimp/tofu and veggies. Garnish with cayenne pepper and parsley. Enjoy!

Photo & Recipe Courtesy of NutraMaize LLC