

Serves 2 • Serving size: about 10 oz./283 g

18
minutes

PREP: 10 minutes
COOK: 8 minutes

SHRIMP, GRITS

Greens & Beans with Cajun Butter

¾ cups quick cook grits
2 cups chicken stock
1 cup shredded white Cheddar
¼ tsp. coarse kosher salt
16 large fresh shrimp, peeled and deveined
Salt and pepper, to taste
3 cups tightly packed spinach or Swiss chard leaves
1 cup frozen lima or butter beans

Cajun Butter

3 tbsp. unsalted butter, softened
½ tsp. Cajun seasoning
1 tsp. fresh thyme leaves

1. In the TupperWave® Stack Cooker 3-Qt./3 L Casserole, stir together grits, chicken stock, Cheddar and salt. Microwave on high power 5 minutes. Remove from microwave.
2. Season shrimp with salt and pepper and arrange on half of the TupperWave® Colander.
3. Arrange greens and beans on other half, sprinkle with salt. Place TupperWave® Colander over grits.
4. Microwave on high power 5 minutes. Remove from microwave; let stand 3 minutes.
5. Meanwhile, make the Cajun butter. In the base of the Power Chef® System, fitted with the paddle attachment, combine butter, Cajun seasoning and thyme until well combined.
6. Remove shrimp from Stack Cooker, toss in butter. Stir grits; add additional stock, thinning to desired consistency. Serve shrimp over grits with greens and beans.

Nutritional Information (per serving):

Calories: 660 Total Fat: 32g Saturated Fat: 20g Cholesterol: 0mg
Carbohydrate: 61g Sugar: 3g Fiber: 9g Protein: 31g Sodium: 1130mg
Vitamin A: 50% Vitamin C: 25% Calcium: 45% Iron: 30%

TO DEMO



TupperWave® Stack Cooker
3-Qt./3 L Casserole



TupperWave® Stack
Cooker Colander

OPTIONAL



Power Chef® System



Measuring
Cups



Measuring
Spoons

