

Sauteed Shrimp

Ingredients:

2 tablespoons vegetable oil
1 pound shrimp, peeled and deveined
1 teaspoon no-salt Creole seasoning
½ cup bell pepper, diced
2 teaspoon garlic, minced
1 teaspoon paprika
1 tablespoon parsley, chopped
2 green onions, thinly sliced
¾ cup unsalted beef broth
1 ½ teaspoon Worcestershire sauce
½ lemon, juiced
Salt and pepper, to taste
Hot sauce, to taste

Instructions:

1. In a large skillet, heat 1 tablespoon of the vegetable oil over medium heat, then add shrimp. Season with no-salt Creole seasoning and sauté for about 3-4 minutes. Set aside.
2. Add 1 tablespoon of vegetable oil to the skillet and sauté bell peppers until soft.
3. To the skillet, add garlic, paprika, parsley, green onions, broth, and Worcestershire sauce. Continue cooking for 3 minutes.
4. Add shrimp back to pan with lemon juice, salt, pepper, and hot sauce. Continue cooking until warmed through.
5. Remove from heat and serve over grits. Lay out one tortilla in the pan.

Source: Immaculate Bites

Serves: 6

Prep Time: 10 minutes

Cook time: 10 minutes

Nutrition Facts	
6 servings per container	
Serving size	3/4 cup
Amount per serving	
Calories	120
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 115mg	38%
Sodium 370mg	16%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 13g	
Vitamin D 0mcg	0%
Calcium 60mg	4%
Iron 1mg	6%
Potassium 177mg	4%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

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