

## Authentic Southern Shrimp and Grits Recipe with a Kick

Creamy Cajun Shrimp and Grits: The Ultimate Southern Comfort Meal



**TIME**  
**30 min**

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### INGREDIENTS

Swaps and Notes:

**Grits:** If you use stone-ground grits, be aware that the cook time will be closer to 45-60 minutes. Adjust the water amount as needed to keep them creamy.

**Shrimp:** No shrimp? You can easily substitute with slices of smoked sausage (like Andouille) for a similar smoky profile, as I often do in my [This Tomato Skillet with Okra and Sausage is My Favorite Quick Dinner Packed with Southern Flavor](#) recipe.

**Cheese:** Gruyère or Monterey Jack are great alternatives to cheddar for the grits.

**Spice Level:** If you like it hotter, increase the Cajun seasoning or add a pinch of cayenne pepper to the shrimp mixture.

### DIRECTIONS

1. This recipe moves quickly, so have all your ingredients prepped before you start!
2. **Make the Creamy Grits:** In a medium saucepan, bring 4 cups of water to a boil. Slowly stir in the 1 cup of grits and immediately reduce the heat to very low. Cover the saucepan and cook for about 25 minutes, stirring occasionally to prevent sticking. The grits should be thick and creamy. Once cooked, remove from heat and stir in the butter, salt, and pepper to taste. Stir in the cheddar cheese until fully melted and creamy. Keep the grits warm while you make the shrimp.
3. **Sauté the Vegetables:** While the grits are cooking, heat the olive oil in a large skillet over medium heat. Add the chopped onion and bell pepper, sautéing for about 4 minutes until they soften and the onion becomes translucent. Add the minced garlic and cook for an additional minute until fragrant.
4. **Cook the Cajun Shrimp:** Add the shrimp to the skillet, followed by the Cajun seasoning and smoked paprika. Stir well to coat the shrimp evenly. Cook for about 4-5 minutes, flipping once, until the shrimp are pink and cooked through. Be careful not to overcook them! Season with additional salt and pepper to taste.
5. **Assemble and Serve:** To serve, spoon a generous amount of the creamy, cheesy grits onto a plate or into a bowl. Top with the warm, spicy Cajun shrimp mixture. Garnish with the sliced green onions and an extra sprinkle of shredded cheddar, if you like.

## SWAPS & NOTES

For another dish with that great smoky flavor, check out my recipe for This Cajun Chicken Sausage Gumbo is My Favorite Bowl of Southern Comfort.

Pure Comfort: There's nothing quite like a big bowl of creamy, hot grits.

It's the ultimate canvas for the vibrant shrimp mixture.

Ingredients This recipe is built on simple, quality ingredients.

### TIPS FOR SUCCESS

**Whisk the Grits:** When adding the grits to the boiling water, pour them in slowly while whisking constantly.

This prevents clumps and ensures a smooth, creamy texture.

**Low and Slow:** The key to good grits is gentle heat.

Once the grits are added, keep the heat on low so they simmer, rather than boil rapidly, which can cause them to seize up or stick to the bottom.

**More recipes:** [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/authentic-southern-shrimp-and-grits-recipe-with-a-kick/>