



Blue Runner Creamy Navy Beans and Shrimp



Ingredients:

- 2 cans Blue Runner Creole Style Navy Beans
- 1 cup Blue Runner Shrimp Creole Base
- 2 TBLs olive oil plus extra
- 1 medium onion (diced)
- Salt and ground black pepper (to taste)
- 3 cloves of garlic (grated)
- 2 tsps chopped fresh thyme
- 1 tsp apple cider vinegar
- 4 hefty dashes of Crystal Hot Sauce
- 8 to 10 large, whole shrimp (head and tail on)
- Zest and juice of 1 lemon
- Red chili flakes (to taste)
- 3 TBLs butter
- Chopped parsley for garnish

Method:

1. Add the oil to a large deep skillet over medium-high heat. Add the onion, salt, and pepper and cook for 5 minutes, or until onion is slightly golden. Reduce the heat to low, cover, and cook for another 5 minutes, or until soft and beginning to brown.
2. Add the garlic and cook until fragrant, about 3-4 minutes. Add the thyme and cook for another 2 minutes.
3. Add the beans and the Shrimp Creole Base, plus a little water if needed, then increase the heat, bringing the mixture to a boil. Then reduce to low, cover, and simmer for 5 minutes.
4. Remove the lid and cook for another 5 minutes, or until the mixture is creamy and the beans are very soft. You can crush some of the beans with the back of your spoon or a potato masher if you are looking for an even creamier texture. Stir in the apple cider vinegar, Crystal hot sauce and more salt and pepper to taste.
5. While the beans are cooking, marinate the shrimp in a bowl using 1 clove of garlic grated through a micro plane, the zest, and juice of one lemon, more olive oil, salt, pepper, and chili flakes. Set bowl aside until the beans are cooked and cooling down.
6. In a cast iron sauté pan over high heat, add about one TBL of olive oil. Once hot and smoking, add the shrimp. Sear on high heat on both sides until they char and crisp up, turning red, about 1 to 2 minutes per side. Reduce heat to medium and add butter to finish cooking for another two minutes.
7. Line up the whole shrimp over a bed of the creamy beans and pour the butter from the pan over them, finishing with dashes of Crystal as desired. Garnish with chopped parsley.