

Creole Pulled Pork and Cheesy Grits

Nothing says Southern cooking like cheesy grits and pulled pork. This version gets a boost from our smoky creole sauce and speed-style cooking of the grits. It's slow-cooked flavor in just over half an hour.

35 *Minutes to the Table*

15 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet with Lid
Medium Saucepan

FROM YOUR PANTRY

Olive Oil
Butter (1/2 Tbsp per serving)

5 MEEZ CONTAINERS

Grape Tomatoes
Mirepoix
Creole Sauce
Pulled Pork
Cheesy Grits

Good to Know

If you ordered the **Carb Conscious** version, we sent you cauliflower "rice" instead of the cheesy grits, reducing the **carbs per serving to 40g**. Skip step 2. Prior to step 3, heat 1 Tbsp olive oil in a second skillet over high heat and sauté the cauliflower until brown, about 3 to 4 minutes. Serve the pork and sauce on top of the cauliflower in step 4.

Health snapshot per serving – 650 Calories, 27g Protein, 31g Fat, 67g Carbs, 19 Freestyle Points.

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Pork, Tomatoes, Polenta, Celery, Yellow Onion, Carrot, Green Bell Pepper, Red Wine Vinegar, Parmesan, Parsley, Garlic, Worcestershire Sauce, Paprika, Thyme, Oregano, Basil, Cayenne, Old Bay, Rosemary, BBQ Sauce, Chicken Stock, Kosher Salt, Bay Leaf.

meez *meals*

1. Cook the Tomatoes and Mirepoix

Squish the **Grape Tomatoes** in a ziplock bag.

Heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the **Mirepoix** and the contents of the ziplock bag. Sauté until the onions start to become translucent and tomatoes begin to char, about 3 to 4 minutes.

2. Cook the Pulled Pork and Creole Sauce

Add the **Creole Sauce, Pulled Pork**, and 1 cup of water to the tomatoes and mirepoix in the skillet. Bring the mixture to a boil, then reduce the heat to medium-low. Make sure that the pork is submerged in the liquid, then cover and simmer undisturbed for 20 minutes.

After 20 minutes, remove the cover and stir the sauce. Simmer uncovered until it thickens nearly to the consistency of pasta sauce, an additional 5 to 7 minutes. Remove from the heat and set aside until step 4.

The pulled pork arrives fully cooked so you are just heating it in this step.

3. Cook the Cheesy Grits

Bring 2 cups of water to a boil in a medium saucepan. Slowly add the **Cheesy Grits** to the boiling water, whisking constantly until there are no lumps, about 1 minute. Reduce the heat to medium and cook, whisking frequently, until the grits thicken, about 1 to 2 minutes. Remove from the heat and add 1 Tbsp of butter. Stir until the butter melts.

4. Put It All Together

Serve the cheesy grits topped with the creole pulled pork and sauce. Enjoy!

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois *