

# Handy-Dandy Shopping List – Shrimp & Grits

Recipe from [www.idiotskitchen.com](http://www.idiotskitchen.com)



1 ½ pounds large shrimp – peeled and deveined  
6 slices Bacon

1 medium onion – chopped  
1 red bell pepper – chopped  
3 cloves garlic – minced  
Green Onions – chopped for garnish

¼ cup flour  
½ cup white wine  
1 (14 ounce) can low-sodium chicken broth (about 1 ¾ cups)

1 ½ cups grits (regular or quick but not instant) \*look for grits near the oatmeal and hot cereal in the grocery store.

2 cups milk  
3 cups water (not pictured)  
2 Tablespoons butter  
¼ cup + 2 Tablespoons heavy cream

Dried Thyme  
Dried Red Pepper Flakes  
Salt & Pepper