

Creamy White Grits and Chanterelle Mushrooms

Yield: 4 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-sausage-and-peppers-recipe-with-white-wine>

Ingredients:

- 1 pound chanterelle mushrooms roughly chopped
- 1 tablespoon thyme finely chopped, oregano and rosemary
- 1 onion medium, roughly chopped
- extra-virgin olive oil
- 1/2 cup grits white
- 1 tablespoon butter
- 1 cup milk plus more, to finish the grits
- 2 italian sausages high-quality mild, optional
- 1 tablespoon fresh parsley chopped
- salt
- pepper
- white wine splash of
- Parmesan cheese for serving

Nutrition:

1. Calories: 480 calories
2. Carbohydrate: 35 grams
3. Cholesterol: 60 milligrams
4. Fat: 29 grams
5. Fiber: 7 grams
6. Protein: 15 grams
7. SaturatedFat: 10 grams
8. Sodium: 750 milligrams
9. Sugar: 5 grams

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