

Southern Shrimp and Grits

Yield: 4 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-shrimp-and-grits-recipe>

Ingredients:

- 1 cup grits coarsely ground
- 3 cups water
- 2 teaspoons salt
- pepper to taste
- 2 cups half and half
- 2 pounds shrimp uncooked, peeled and deveined
- 1 lemon juiced
- 1/2 pound bacon
- 1 green bell pepper chopped
- 1 red bell pepper chopped
- 1 yellow bell pepper chopped
- 1 cup chopped onion
- 1 teaspoon minced garlic
- 1/4 cup butter
- 1/4 cup all purpose flour
- 1 cup chicken broth
- 1 tablespoon Worcestershire sauce
- 1 cup shredded sharp cheddar cheese

Nutrition:

1. Calories: 1120 calories
2. Carbohydrate: 63 grams
3. Cholesterol: 490 milligrams
4. Fat: 67 grams
5. Fiber: 6 grams
6. Protein: 70 grams
7. SaturatedFat: 30 grams
8. Sodium: 2370 milligrams
9. Sugar: 5 grams

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