

RECIPE: SHRIMP AND GRITS

CANNED FOOD

Chicken stock (canned), 17.14 oz.

Tomatoes (canned), 1 (14 1/2 ounce) can

CEREALS & BEANS

Hominy grits, 6 cup cooked

CONDIMENTS & OIL

Tabasco sauce (TO TASTE)

DAIRY

Butter, 1 oz.

SPICES & SEASONINGS

Cayenne pepper, 0.02 oz.

Black pepper, 0.08 oz.

Dried thyme, 0.02 oz. or 1 teaspoon fresh tyhme

VEGETABLES

Garlic, 0.61 oz.

Onion, 11.43 oz.

Green onion, 3.43 oz.

Red bell pepper (large), 1

Fresh flat leaf parsley, 0.5 cup

WINE

White wine (dry), 8 fl. oz.

MISCELLANEOUS

Andouille sausage, 2 lb.

Cayenne, 0.5 tsp.

Large raw, peeled and deveined shrimp, 1.5 lb. (about 20)