



## 2024 Westbank Board of Directors

President: Judi Adams  
Vice President: Gaylen Guillory  
Secretary/Treasurer: Angie Duplessis  
Director: Theresa Adams  
Director: Glenda Gaither

## 2024 ADDC Board of Directors

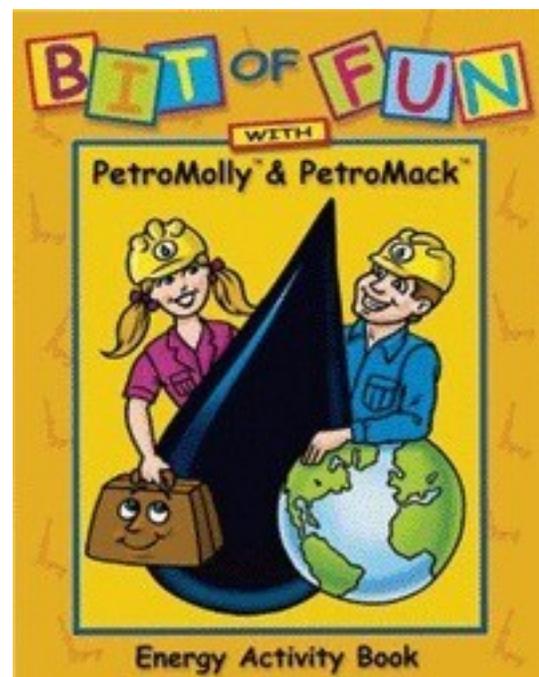
President: Wendy Sparks  
President Elect: Kathy Martin  
Secretary: Kelli Hiltbrand  
Treasurer: Sue Weaver  
IPP: Barbara Pappas  
Parliamentarian: Evelyn Green  
Northeast Director: Shelly Hildebrant  
Southeast Director: Angie Corvers  
Central Director: Michelle Burgard  
West Director: Heather Woods

## 2024 Committee Chairmen

Bulletin/Web: Judi Adams/Charlie Miller  
Bylaws: Theresa Adams  
Contest: Angie Duplessis  
Election: TBD  
Field Trip: Angie Duplessis  
Finance: Debbie Brazeal/Linda Belsome  
General Arrangements: Elaine Lesnak  
Membership/Orientation: Susan Miller  
Nominating: Judy Guillot  
Program/IAN: Gaylen Guillory  
Scholarship: Gaylen Guillory

## Inside this issue:

Officers and Committees	2
Calendar	3
Westbank Club	4-13
Region News	14-15
ADDC News	16
Industry News	17-18
Lagniappe	19



## 2024

### BOARD MEETINGS

### GENERAL MEETINGS

January 17

January 24

March 20

March 27

May 15

May 22

July 17

July 24

September 11

September 18

November 13\*

November 20\*

\*moved -Thanksgiving

## February Birthdays

<b>Gabriella Hunter</b>	<b>10</b>
<b>Linda Belsome</b>	<b>17</b>

## March

**Susan Miller and 2024 Board of Directors  
Desk and Derrick Orientation**

# Club President's Newsletter

Judi Adams  
322 Bienville Dr.  
Gretna LA 70056  
(504) 407-7443  
dandd.judi@gmail.com

**Judi Adams**  
President

**Gaylen Guillory**  
Vice President

**Secretary/Treasurer**  
**Angie Duplessis**

**Director**  
**Theresa Adams**  
**Glenda Gaither**

February 2024

Westbank Members,

I hope you've all enjoyed the (short) Carnival Season and are enjoying a safe and happy Mardi Gras.

We all enjoyed Jim Hunter's presentation on drilling trends in the Gulf of Mexico. His perspective gave us additional data to increase our existing knowledge of that aspect of the oil industry, especially in deepwater GoM.

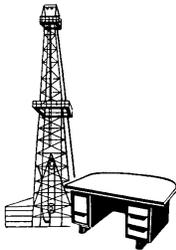
Our next meeting will be on March 27. March is Desk and Derrick Awareness month, so Membership/Orientation chairman Susan Miller and members of the 2024 Board of Directors will conduct a fun, educational game show. Knowledge of ADDC, Southeast Region, and the Westbank Club will be tested. Family and friends (and potential members?) can join us; just be sure to let Susan know so they can be approved to attend and Elaine can take meal orders.

Awaiting highlights from the ADDC Budget & Planning Meeting held on January 27<sup>th</sup>. I'm always impressed with the amount of work done – remotely, too – conducted by the ADDC Board of Directors. They have you in mind with every decision they make, including holding remote meetings to save money. What can be done to retain members? What can be done to attract new members? What is it that keeps you interested, involved, and dedicated to the Association? They ask these questions every time they hold a meeting. So, your answers are important to our survival as an organization.

Spice up your membership by attending our club meetings. Plan to participate in the Zoom Southeast Region Meeting (April 13<sup>th</sup>). And, commit to attending ADDC Convention and Educational Conference to be held in Dallas, TX on September 24-28. There is still so much to learn about the petroleum, energy, and allied industries.

Keep "Greater Knowledge – Greater Service" at the top of your mind.

*Judi Adams*



# ***Desk and Derrick Club of the Westbank***

## Community service opportunities - 2024

Please complete the form with information on community service opportunities  
for the coming year.

Member Name(s): \_\_\_\_\_

Organization Name: \_\_\_\_\_

Scope of Project:

---

---

---

Time Required: \_\_\_\_\_

Benefit to Community:

---

---

All projects must be reviewed/approved by the Board of Directors. **Deadline: March 19, 2024.**

Return form to:

Gaylen Guillory

e-mail: [gaylen.guillory@gmail.com](mailto:gaylen.guillory@gmail.com)

**The Desk and Derrick Club of the Westbank will be collecting items for the residents at the Reserve, LA Veterans' Home.**

**This year, Susan is focusing on two main collections and distributions: MONTHS OF: JULY (July 4<sup>TH</sup>) and NOVEMBER. (Veterans' Day)**

**Let's help brighten the day for our retired service men and women.**

**Things they always need are socks, books, combs, brushes, shower caps, tissues, travel soaps, razors, shampoo, conditioners, pens, stationery, crossword puzzles and other games.**

**They really appreciate getting single-serving microwave items, like macaroni and cheese, rice-a-roni, oatmeal, and grits.**

**The residents of the Reserve, LA Veteran's Home will appreciate it.**

**Contact Susan Miller [smiller7451@yahoo.com](mailto:smiller7451@yahoo.com) 504.908.6131**





# TOY DRIVE

Collecting NEW, Un-wrapped toys for  
Children's Hospital

Bring donations to the Membership  
Meeting on Wednesday November  
20th.

It's not too early to start shopping! Take advantage of  
sales throughout the year and make the kids' smiles light  
up the world!

Contact Angie ([angduples@aol.com](mailto:angduples@aol.com)) or 504-202-7702 (cell)



## **DESK and DERRICK CLUB OF THE WESTBANK MEMBERSHIP MEETING MINUTES**

President Judi Adams called the membership meeting, held at the Red Maple Restaurant, to order at 5:45p.m. Becky Eymard-Leger led the assembly with invocation and pledge of allegiance

President Adams reported the following:

- Welcome to all attendees and happy birthday to January celebrants
- Methods of voting will be by general consent or by motion/vote.
- The official address of the Westbank Club is Desk and Derrick Club of the Westbank, P. O. Box 2875, Gretna, LA 70054-2875
- General Membership Meetings will take place at the Red Maple Restaurant six times, per the approved calendar.
- Board of Directors meetings are open to members. Board of Directors Meetings will take place every month during which the club holds a membership meeting virtually via Zoom meetings at 5:30 pm.
- ADDC President Wendy Sparks' letter is in the bulletin and on ADDC website.
- General Consent received to submit amendment to ADDC Bylaws/Standing Rules changing number of required Industry-related presentations from 4 of 5 to 3 of 5.
- ADDC Budget and Planning meeting will be held on January 27.
- Central Region clubs will host 2024 Convention in Dallas, TX September 25-28.
- Region Director Angie Corvers' letter is in the bulletin and on the website.
- Contact Angie Corvers to volunteer for regional reps. Angie Duplessis is serving as Region Rep for Contest and Rules committees; Susan Miller offered to be Region Rep for Mambership Committee.
- The minutes of the November 2023 Membership Meeting will be filed as written.

Director Glenda Gaither reported on correspondence sent and received.

Following dinner, Glenda Gaither introduced our speaker, Jim Hunter, retired oilfield services and marine design and construction. Mr. Hunter is also a new member of the club and spoke about drilling trends in the Gulf of Mexico

Secretary/Treasurer Angie Duplessis presented the December 2023 Treasurer Report; there being no questions or corrections, the report is filed for audit. Angie presented the 2023 Final Budget and moved to approve it. Becky Eymard-Leger seconded the motion; the motion passed.

Secretary/Treasurer Duplessis presented the proposed 2024 budget. Angie moved to approve as presented. Judy Guillot seconded the motion; the motion passed.

President Adams thanked Debbie Brazeal for agreeing to audit 2023 Treasurer's Books.

Bulletin/Web chairman Judi Adams reported that the January bulletin has been posted and link e-mailed to members and posted on Facebook and on ADDC website. The bulletin deadline for February is: 2/1/24. Charles has updated most of the webpage with new officers and 2024 calendar

Contest Committee chairman Angie Duplessis reported that the 2024 Contest entries were sent electronically by the January 15, 2024 deadline.

Elaine Lesnak, GAC Chairman, reported that we had 20 in attendance; no meals are owed.

Angie Duplessis, Field Trip/Social Chairman, reported on a luncheon for members and guests scheduled on April 17<sup>th</sup> at Specialty Italian Bistro to celebrate the club's 48<sup>th</sup> anniversary.

Susan Miller, Membership/Orientation Chairman, reported that we have 18 renewing members and 1 new member, for a total membership of 19. Susan reported that she has contacted members and will pursue renewals and process membership process to ADO. Deadline for new members and guests for March meeting is Wednesday, March 19. Orientation is scheduled for March, D&D Awareness Month.

Program/ IAN Chairman Gaylen Guillory reported on the meeting schedule.

Scholarship Committee Chairman Gaylen Guillory reported:

- Scholarship Applicant Guidelines and application forms were published in the January bulletin and are available online.
- There are separate applications for High School and College applicants.
- Deadline is March 1<sup>st</sup> for applications to D&D sponsors
- March 15<sup>th</sup> deadline for sponsors to submit to Scholarship Committee Chairman.
- Incomplete or late applications will be disqualified.
- We have two \$1,000 scholarships to award this year.
- The committee is planning a Bunco on August 10<sup>th</sup>.

Vice President Guillory reported:

- Community Service Projects Form is in January bulletin and will be in February bulletin.
- Deadline for submittal of projects is March 19, 2024.

Approved projects are:

- Toys for Children's Hospital at November meeting (Angie)
- Reserve LA veterans' home twice this year (Susan)
- Northshore food bank summer food drive (Gaylen)

Jim Hunter won the \$43 50:50 drawing.

There being no further business, the meeting was adjourned at 7:17 pm.

## Desk and Derrick Club of the Westbank

### Scholarship Guidelines

#### General Guidelines for All Applicants:

1. All applications shall be submitted through a Sponsor; sponsor must be an active Westbank Desk and Derrick Club member in good standing.
2. All applicants must submit completed, appropriate (High School or College) application form and all required documentation to Sponsor by March 1<sup>st</sup>.
3. All applicants must provide a letter or essay detailing intended field of study and educational and personal goals. Include information on any extracurricular activities, such as community service, clubs, hobbies, employment, etc.
4. All applicants must provide at least one (1) letter of recommendation from a school official, career counsellor, teacher, or professor on school or business letterhead.

#### Graduating High School Seniors:

1. Must provide copies of both GPA (minimum 2.75) and ACT scores (minimum 23) or equivalent SAT scores.
  - a. Scores must be provided on official documents (transcript and official test results) with student name.
2. Must provide a Letter of Acceptance from the college or university attending.

#### Current College Students:

1. Must provide proof of cumulative GPA (minimum 2.75).
  - a. Score must be provided on official school transcript with student name.

**Incomplete applications or those received after the March 1st deadline will be disqualified.**

Scholarship checks will be issued jointly to the scholarship recipient and the appropriate College/University. **Scholarship checks must be cashed within the 180-day time period per banking regulations or the funds will be forfeited.**

Desk and Derrick Club of the Westbank  
**Scholarship Sponsor Guidelines**

**Desk and Derrick Sponsor Responsibilities:**

- a. The Desk and Derrick Sponsor must write and submit a letter to the committee detailing their **personal** knowledge of the applicant.
- b. This letter, the application, and all required documentation **MUST** be submitted to the Scholarship Chairman by March 15<sup>th</sup>.

- i. Email to: Scholarship Committee Chairman at [gaylen.guillory@gmail.com](mailto:gaylen.guillory@gmail.com) or

- ii. Mail to:

Desk and Derrick Club of the Westbank

Scholarship Chairman

P. O. Box 2875

Gretna, LA 70054-2875.

All eligible Westbank Club members in good standing are encouraged to apply for the Scholarship.

Members may submit no more than two (2) applicants per year.

*(Available only to members.)*

We are now accepting applications for 2024 Scholarships.

Forms are available online at <http://westbankdandd.org/Scholarship.htm>.

Submit electronic files with all required documentation by stated deadlines.

Students (High School and College) must submit applications to the D&D sponsor by March 1st.

D&D sponsors must submit all material to Scholarship Chairman by March 15th.

Desk and Derrick Club of the Westbank  
**Scholarship Application - High School**

RETURN THIS APPLICATION TO YOUR SPONSOR FOR SUBMISSION

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ E-Mail Address: \_\_\_\_\_

College Accepted to: \_\_\_\_\_

Cumulative GPA \_\_\_\_\_ ACT/SAT Score: \_\_\_\_\_

Employer (if working): \_\_\_\_\_

Position: \_\_\_\_\_

Full Time: \_\_\_\_\_ Part Time: \_\_\_\_\_ Summer: \_\_\_\_\_

Extracurricular Activities: \_\_\_\_\_

(May include additional page(s) if needed.)

Letter(s) of Recommendation included: \_\_\_\_\_

Desk and Derrick Sponsor Signature: \_\_\_\_\_

**All applications must be submitted via email or postmarked (USPS) with all required documentation (See Scholarship Guidelines) to Sponsor by March 1st.**

Sponsor must submit application and all required documentation to Scholarship Committee Chairman no later than March 15th.

**Incomplete and late applications will be disqualified.**

<http://westbankdandd.org/Scholarship.htm>

Desk and Derrick Club of the Westbank

**Scholarship Application – College**

RETURN THIS APPLICATION TO YOUR SPONSOR FOR SUBMISSION

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_ E-Mail Address \_\_\_\_\_

College Attending: \_\_\_\_\_

Cumulative GPA: \_\_\_\_\_

Credit Hours(#): \_\_\_\_\_ Full Time \_\_\_\_\_ Part Time \_\_\_\_\_

Employer (if working): \_\_\_\_\_

Position: \_\_\_\_\_

Full Time: \_\_\_\_\_ Part Time: \_\_\_\_\_ Summer: \_\_\_\_\_

Extracurricular Activities: \_\_\_\_\_

(may include additional page(s) if needed)

Letter(s) of Recommendation Included: \_\_\_\_\_

Desk and Derrick Sponsor Signature: \_\_\_\_\_

**All applications must be submitted via email or postmarked (USPS) with all required documentation (See Scholarship Guidelines) to Sponsor by March 1st.**

Sponsor must submit application and all required documentation to Scholarship Committee Chairman no later than March 15th.

**Incomplete and late applications will be disqualified.**

<http://westbankdandd.org/Scholarship.htm>



**Board of Directors**

PRESIDENT  
**Wendy Sparks**  
Carl E. Gungoll Expl. LLC

PRESIDENT ELECT  
**Kathy Martin**  
Acadian Ambulance  
Service, Inc.

SECRETARY  
**Kelli Hiltbrand**  
Sutton Pump & Supply,  
Inc.

TREASURER  
**Sue Weaver**  
Osborn Heirs Company

IMMEDIATE PAST  
PRESIDENT  
**Barbara Pappas**  
Cobra Oil & Gas Corp.

PARLIAMENTARIAN  
**Evelyn Green**  
GBC Minerals

CENTRAL REGION  
DIRECTOR  
**Michelle Burgard**  
Devon Energy

NORTHEAST REGION  
DIRECTOR  
**Shelly Hildebrand**  
Hanley CPA PLLC

SOUTHEAST REGION  
DIRECTOR  
**Angie Corvers**  
ExxonMobil Chemicals

WEST REGION  
DIRECTOR  
**Heather Woods**  
Whiptail Midstream

**Angie Corvers**  
Southeast Region Director  
12642 Brookshire  
Baton Rouge, Louisiana  
Home: 225-272-3608 Cell: 225-445-7502  
Email: ancorvers@cox.net

**FEBRUARY 2024**

**This cold weather is just right for some spicy gumbo or chili! I hope you have all had some spicy programs for January. Please send me copies of your program reports. I would also love to hear about any other club activities. Did you have a special project during the holidays?**

**I have appointed a nominating committee to find a Southeast Director (Elect), for 2025. Kathy Johnson (San Antonia Club), Malissa Carroll (Red River), and Jennifer Accardo (Lafayette) have agreed to serve on the committee. I know that we have lots of talent in our Region so please think about serving in this capacity. Please contact one of them if you are interested in this position or if you know someone who might be interested.**

**I still need Region Reps for the following committees:**

- Public Relations                      Marketing**
- Nominating                              Technology**
- Publications, Insight, Social Media, Trade Shows**

**If you are interested in working on any of these committees, please let me know. (I need to get them filled very soon, or I understand I will automatically become the rep. That is a lot of committees!)**

**Stay warm and stay safe!**

**Love,  
Angie**

**“South Louisiana is going through Arctic Freeze. My question is when we wake up and go out to put salt on our driveway, do we add garlic powder, onion powder and Tony’s too? Just wondering because we’re new to this.” (credit Facebook post)**

**“SPICE UP YOUR LIFE WITH DESK AND DERRICK!”**

## Southeast Region Leadership

Region Director: Angie Corvers [ancorvers@cox.net](mailto:ancorvers@cox.net)

Baton Rouge: Sonya Ryder [sonya.ryder@cox.net](mailto:sonya.ryder@cox.net)

Lafayette: Melissa Thibodeaux [melissa.thibodeaux@worley.com](mailto:melissa.thibodeaux@worley.com)

Morgan City: Deborah Stevenson [deedeesteve@aol.com](mailto:deedeesteve@aol.com)

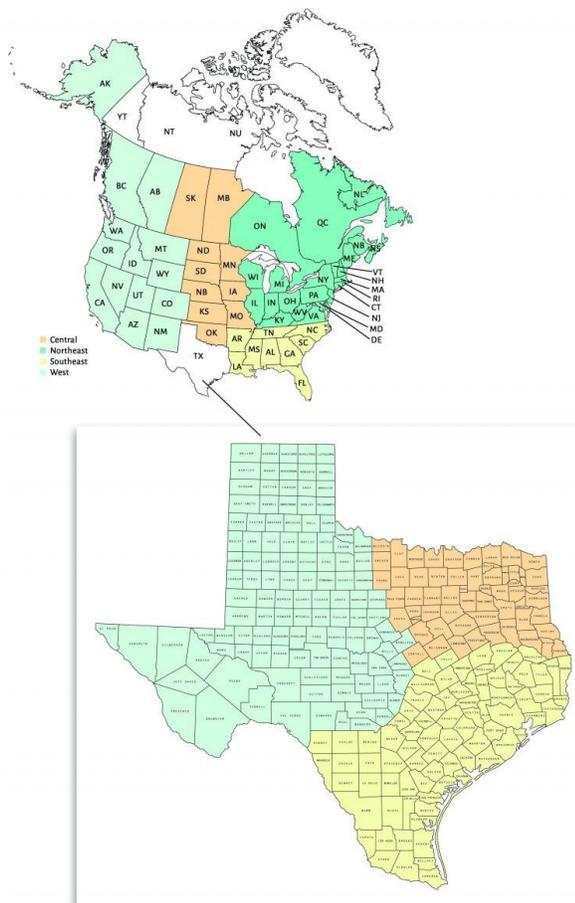
New Orleans: Dianne Badeaux [eaux8mde@gmail.com](mailto:eaux8mde@gmail.com)

Red River: Bonnie Fish [bfishcpa@gmail.com](mailto:bfishcpa@gmail.com)

San Antonio: Kathy Johnson [KMJohnson@marathonpetroleum.com](mailto:KMJohnson@marathonpetroleum.com)

Victoria: Cindy Miller [miller1959@gmail.com](mailto:miller1959@gmail.com)

Westbank: Judi Adams [dandd.judi@gmail.com](mailto:dandd.judi@gmail.com)





**Board of Directors**

PRESIDENT  
**Wendy Sparks**  
Carl E. Gungoll Expl. LLC

PRESIDENT ELECT  
**Kathy Martin**  
Acadian Ambulance  
Service, Inc.

SECRETARY  
**Kelli Hiltbrand**  
Sutton Pump & Supply,  
Inc.

TREASURER  
**Sue Weaver**  
Osborn Heirs Company

IMMEDIATE PAST  
PRESIDENT  
**Barbara Pappas**  
Cobra Oil & Gas Corp.

PARLIAMENTARIAN  
**Evelyn Green**  
GBC Minerals

CENTRAL REGION  
DIRECTOR  
**Michelle Burgard**  
Devon Energy

NORTHEAST REGION  
DIRECTOR  
**Shelly Hildebrant**  
Hanley CPA PLLC

SOUTHEAST REGION  
DIRECTOR  
**Angie Corvers**  
ExxonMobil Chemicals

WEST REGION  
DIRECTOR  
**Heather Woods**  
Whiptail Midstream

**Wendy Sparks**  
2024 ADDC PRESIDENT  
34627 E County Rd 1517, Paoli OK 73074  
405.760.2884 (cell)  
[wsparks@cegx.net](mailto:wsparks@cegx.net)

February 2024

**ADDc Membership**

I hope everyone is staying warm and safe. This time of year is inclement weather in most of the areas of our clubs. I think even San Antonio has seen some colder than normal temperatures!

The first order of business is getting in the membership renewals turned into ADO. It is very important to that we receive these in a timely manner. It helps immensely when planning the yearly budget. It also helps us keep an accurate count of members. Don't forget that we have student memberships as well. A few clubs have been taking advantage of this discount fee!

The ADDC Board of Directors met on Saturday, January 27, 2024, via Zoom. The budget vs actuals spreadsheet will be going out early this month. With the continued decrease in membership, it is becoming more difficult to stay in the black. We are hoping that the additions to our certification program and student memberships will help retain members and get new members. As always, we need to continue to keep up with technology and offer options to members.

Contest Chairman Philana Thompson reported that 18 Clubs submitted their contest entries by the deadline! Central (5), Northeast (3) Southeast (6), West (4). Thank you, Philana Thompson and Esther Greyeyes, who over the past year made the new electronic submission process so much easier for the clubs and judges!

March is Desk and Derrick Awareness month. Oklahoma City always has a fun game of Family Feud with questions about the industry, ADDC, Region and our club. What does your club have planned?

Please access the ADDC website as often as you can. Also, if you have any changes that need to be made to your information, you can go in and update them yourself! [www.addc.org](http://www.addc.org).

*"Building a cohesive leadership team is the first critical step that an organization must take if it is to have the best chance at success."*

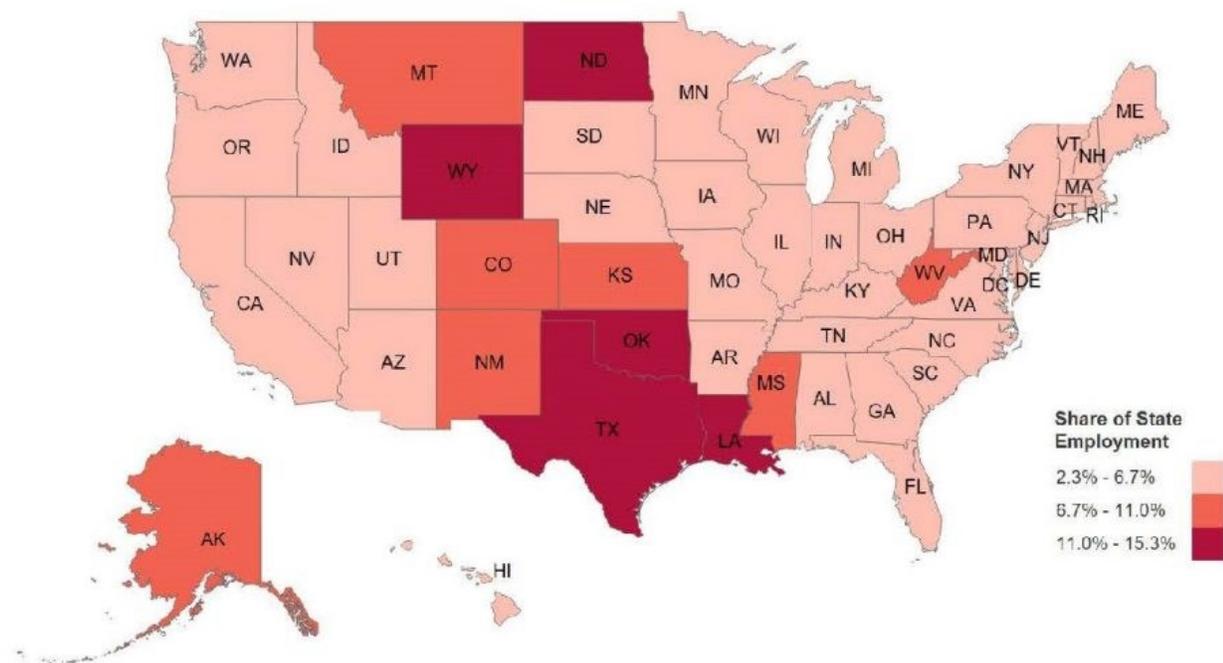
-Patrick Lencioni

Sincerely,  
Wendy Sparks

An American Petroleum Institute report, prepared by PricewaterhouseCoopers, shows that America's oil and natural gas industry touches the economy and labor force in every state in the country, contributing invaluable revenue and employment income to all 50 states. In addition to manufacturing products that power the greater economy, the data from 2021 show that the industry supports 10.8 million full-time and part-time jobs in all 50 states, making up 5.4 percent of the country's workforce, and contributes nearly \$1.8 trillion per year to the U.S. economy. "At the national level, each direct job in the oil and natural gas industry supported an additional 3.8 jobs elsewhere in the US economy in 2021 (for a multiplier of 4.8). Counting direct, indirect, and induced impacts, the industry's total impact on labor income (including proprietors' income) was \$908.7 billion, or 6.4 percent of the US national labor income in 2021."

This is particularly true in states with significant natural resources and energy production. In five states – North Dakota, Wyoming, Oklahoma, Texas, and Louisiana – the oil and natural gas industry directly and indirectly supports between 11 and 15.3 percent of the state's workforce. In another six states – Montana, Colorado, Kansas, New Mexico, Mississippi, and West Virginia – that figure falls between 6.7 and 11.0 percent.

**Figure ES-1. Share of Employment Directly and Indirectly Supported by the Oil and Natural Gas Industry, 2021**



Source: PwC calculations.

**BATON ROUGE, LA (January 31st, 2024)** – Today, Governor Jeff Landry announced his appointment of Ben Bienvenu as Louisiana’s next Commissioner of Conservation. In response, LOGA President Mike Moncla issued the following statement:

*"First of all, I'd like to commend Governor Landry on yet another astounding appointment. The Governor continues to hit it out of the park on every cabinet appointment thus far.*

*The Office of Conservation plays a vital role in our state’s oil and gas industry, so it was crucial that we get this right – and I fully believe that’s what Governor Landry has done with this appointment.*

*Ben Bienvenu has vast exploration and production knowledge from all segments.*

*From drilling wells in a field foreman’s role for Phillips in the ArkLaTex, to learning the offshore shelf play at Chevron, to strategic planning for Murphy’s deep-water team, to Regional Manager for Gulfport’s inland waters properties, to operating a small oil and gas company of his own... Ben is well equipped with experience in every facet of Louisiana’s oil and gas footprint.*

*Ben and I spoke at length today about this tremendous opportunity, along with many of his ideas to make Louisiana an attractive place to do business again.*

*We look forward to working with him in the coming years." (source: loga.la)*



## The *OCs BBS* Website

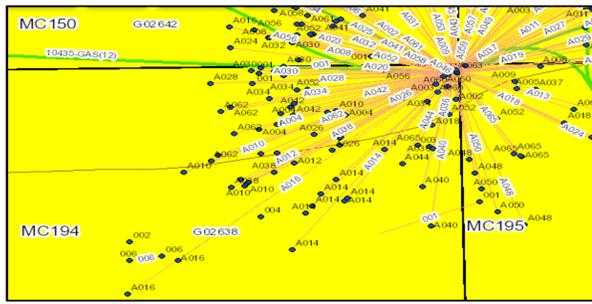
For 24 years, we have offered comprehensive website for critical oil & gas information for the Gulf of Mexico. **Visit our website to sign up for a phone demo today at [www.ocsbbs.com](http://www.ocsbbs.com).** Please call Charlie directly with questions at (504) 439-3164.



**OWNER & OPERATOR REPORTS**  
Owner/Operator Report (Record Title, Operator & Operating Rights)

**WELL, PLATFORM & PIPELINE REPORTS**

1. Platform information report with details on the platform structure
2. Platform Decommission Reports
3. Track status and locations of wells
4. Daily Well Operations Report – Track current and future well operations scheduled to be performed daily for many operations like TA, PA, Initial Completions, Acidize, Casing Pressure Repair, Sidetrack/ByPass Change Zone and more.



**GIS MAPPING SYSTEM** – Easily view a map of your particular block(s) activity showing owners, operators, wells, platforms, pipelines, well directionals and more.

**AND MUCH MORE!**



# Shrimp, Sausage and Grits

★★★★★

Prep  
25 MIN

Total  
25 MIN

Servings  
4



## Ingredients

### Shrimp and Sausage

- 3/4 lb uncooked medium shrimp, peeled (tail shells removed), deveined
- 1 teaspoon 30% less sodium seafood seasoning
- 1/4 teaspoon freshly ground pepper
- 1 cup refrigerated prechopped tricolor bell pepper
- 4.5 oz (about one-third of 14-oz ring) smoked turkey sausage, cut into 1/8-inch slices
- 2 cloves garlic, finely chopped

### Spicy Grits

- 1/2 cup uncooked quick-cooking corn grits
- 1/2 cup fat-free (skim) milk
- 1/4 teaspoon salt
- 1/4 teaspoon Worcestershire sauce
- 3/4 teaspoon red pepper sauce

## Steps

- 1 Spray 12-inch skillet with cooking spray; heat over medium-high heat. Add shrimp; sprinkle with seafood seasoning and pepper. Cook 3 minutes, stirring frequently, until shrimp are pink. Remove shrimp; keep warm.
- 2 Respray skillet with cooking spray. Add bell pepper; cook 2 minutes over medium-high heat, stirring frequently. Add sausage; cook 2 minutes until lightly browned. Add garlic and cooked shrimp. Cook 1 minute, stirring constantly. Add 1/4 cup water; cook 30 seconds, stirring to loosen brown particles. Remove from heat; cover. In 2-quart saucepan, heat 1 1/2 cups water to boiling. Gradually stir in grits; reduce heat. Cover; simmer 5 minutes. Stir in milk. Remove from heat. Add remaining ingredients. Serve grits with shrimp mixture.

© 2024 ®/TM General Mills All Rights Reserved

