
Lazy Man`s Crab Casserole (Hot)

Christine Louise Foxworth

Party Recipes from the Charleston Junior League - 1993

1/2 cup (1 stick) butter
2 tablespoons chopped onion
1 tablespoon chopped green bell pepper
1 pound crabmeat, picked over and shells discarded
1 cup mayonnaise
1 tablespoon Worcestershire sauce
12 Ritz crackers, crushed
butter

Preheat the oven to 350 degrees. Butter a 7x11-inch baking dish.

Melt the butter in a small frying pan. Add the onion and green bell pepper. Saute' until tender but not brown, about 5 minutes.

In a medium-size bowl, combine the crabmeat, mayonnaise and Worcestershire sauce. Add the butter, onions and green bell pepper. Mix well.

Place the crab mixture into the casserole. Top with the crushed crackers. Dab with butter.

Bake until brown and bubbling, about 30 minutes.

Serve with a choice of crackers.

Yield: 10 to 12 servings

Per Serving (excluding unknown items): 2401 Calories; 238g Fat (85.5% calories from fat); 86g Protein; 5g Carbohydrate; 1g Dietary Fiber; 555mg Cholesterol; 3197mg Sodium. Exchanges: 11 Lean Meat; 1/2 Vegetable; 25 Fat; 0 Other Carbohydrates.