
Creamed Mushrooms and Water Chestnuts

Home Cookin - Junior League of Wichita Falls, TX - 1976

Servings: 8

5 tablespoons butter, melted

2 tablespoons flour

1/2 teaspoon salt

pepper

1 1/2 cups half-and-half

3 cans (5 ounce ea) water chestnuts, sliced and drained

3/4 pound fresh mushrooms

1/4 cup butter

1 tablespoon chopped parsley (optional)

In a saucepan, melt the butter. Add the flour, salt and pepper. Add the half-and-half. Blend to make a sauce.

Saute the mushrooms in 1/4 cup of butter. Add the chestnuts and mix into the sauce. Cook for 3 to 4 minutes. If too thick, add a little more half-and-half.

Garnish with parsley.

Side Dishes

Per Serving (excluding unknown items): 132 Calories; 13g Fat (86.5% calories from fat); 1g Protein; 3g Carbohydrate; 1g Dietary Fiber; 35mg Cholesterol; 267mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 2 1/2 Fat.