
Baked Peas

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

Servings: 6

1/2 cup thinly sliced onions
1 can (5 ounce) mushrooms, drained
1/4 cup butter
1 package (10 ounce) frozen peas
1 can (16 ounce) bean sprouts, drained
1 can (8 ounce) water chestnuts, drained
1 can (10-1/2 ounce) mushroom soup
1/3 cup milk
1 teaspoon salt
dash pepper
1 cup chow mein noodles

In a skillet, saute' the onions and mushrooms in butter until soft. Add the peas, bean sprouts and water chestnuts.

In a bowl, blend the soup, milk, salt and pepper. Pour over the vegetables. Mix carefully. Place the mixture in a 1-1/2 quart shallow pan or casserole dish

Bake at 350 degrees for 20 to 30 minutes.

Sprinkle with noodles.

Bake for 10 minutes longer.

Side Dishes

Per Serving (excluding unknown items): 156 Calories; 12g Fat (67.6% calories from fat); 3g Protein; 10g Carbohydrate; 1g Dietary Fiber; 23mg Cholesterol; 635mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Vegetable; 0 Non-Fat Milk; 2 1/2 Fat.