

Green Peas Cantonese

Ginny Simon

Unitarian Universalist Fellowship of Vero Beach, FL 2000Jeanette Webber

Servings: 6

*1 package (10 ounce)
frozen green peas
2 onions, chopped
2 stalks celery, chopped
1/2 cup butter or margarine
1 can (5 ounce) sliced water
chestnuts, drained
1 can (10-3/4 ounce)
mushroom soup
1 1/2 tablespoons flour
salt
pepper
1 package seasoned
stuffing mix*

Preheat the oven to 350 degrees.

In a saucepan, cook the peas unseasoned.

In a large pot, cook the onion and celery in butter. Add the water chestnuts, then the soup, flour and peas. Mix. Heat on the stove.

Season with salt and pepper. Pour into a casserole dish. Place the stuffing mix on top. Top with butter, if desired.

Bake for 15 minutes until brown.

Per Serving (excluding unknown items): 189 Calories; 17g Fat (78.9% calories from fat); 2g Protein; 8g Carbohydrate; 2g Dietary Fiber; 42mg Cholesterol; 329mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Vegetable; 3 1/2 Fat.