

# Anchorage Women's Club Crab Meat Cobbler

*Nancy Murkowski - Fairbanks, AK  
Treasure Classics - National LP Gas Association - 1985*

**Servings: 8**

*1/2 cup butter  
1/2 cup onion, chopped  
1/2 cup green pepper,  
chopped  
1/2 cup sifted flour  
1 teaspoon dry mustard  
1 cup milk  
1 cup American cheese,  
shredded  
1 cup crab meat  
1 1/2 cups drained  
tomatoes  
2 teaspoons Worcestershire  
sauce  
1/2 teaspoon salt  
1 cup flour  
2 teaspoons baking powder  
1/2 teaspoon salt  
1/4 cup shredded cheese  
2 tablespoons shortening  
1/2 cup milk*

**Preparation Time: 30 minutes****Bake Time: 20 minutes**

In a double boiler, melt 1/2 cup of butter. Add the onions and pepper. Cook until tender, 10 minutes. Add the flour, mustard, milk and cheese, stirring until the cheese melts and the mixture is thick.

Add the crab, tomatoes, Worcestershire sauce and salt. Blend well.

Pour the mixture into a two quart casserole dish.

Sift the flour, baking powder and salt into a bowl. Add the cheese. Cut in the shortening. Add the milk. Mix until moistened. Drop by spoonfuls onto the crab mixture.

Bake in a 450 degree oven for 20 minutes.

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Per Serving (excluding unknown items): 320 Calories; 21g Fat (59.3% calories from fat); 11g Protein; 22g Carbohydrate; 1g Dietary Fiber; 66mg Cholesterol; 799mg Sodium. Exchanges: 1 Grain(Starch); 1 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 4 Fat; 0 Other Carbohydrates.