

# Royal Seafood Casserole

Gretchen Williamss

St Timothy's - Hale Schools - Raleigh, NC - 1976

*2 cans cream of shrimp  
soup*

*1 small onion, chopped*

*2 pounds raw shrimp,  
cooked*

*1 can (5 ounce) water  
chestnuts, drained and  
sliced*

*1 1/2 cups diced celery*

*1/2 cup mayonnaise*

*3/4 cup milk*

*1 pound crabmeat*

*1 1/2 cups instant rice,  
cooked*

*almonds*

*paprika*

Preheat the oven to 350 degrees.

In a large bowl, combine the soup, onion, shrimp, water chestnuts, celery, mayonnaise, milk, crabmeat and rice. Blend well. Add salt and pepper to taste.

Pour the mixture into a large casserole dish.

Sprinkle with paprika and almonds.

Bake for 30 minutes.

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Per Serving (excluding unknown items): 2087 Calories; 116g Fat (49.2% calories from fat); 108g Protein; 160g Carbohydrate; 8g Dietary Fiber; 452mg Cholesterol; 4166mg Sodium. Exchanges: 9 Grain(Starch); 11 Lean Meat; 3 Vegetable; 1/2 Non-Fat Milk; 11 Fat.