

Shrimp and Wild Rice Casserole Minnesota

Audrey Nolt - Minnetonka, MN

Treasure Classics - National LP Gas Association - 1985

Servings: 8

3/4 cup wild rice, cooked
3/4 cup white rice, cooked
2 cups celery, chopped
1 green pepper, chopped
1 medium onion, chopped
1/2 stick butter
3 cups shrimp
2 cans (10-3/4 ounce ea)
mushroom soup
2 cups milk
3/4 cup slivered almonds
1 jar (3-1/2 ounce)
pimientos

Preparation Time: 20 minutes

Bake Time: 45 minutes

Cook the rice according to package directions.

In a saucepan, brown the celery, pepper and onion in butter.

In a bowl, mix together the rice, celery, pepper, onion, shrimp, mushroom soup, milk, almonds and pimientos. Mix well. Pour the mixture into a three-quart casserole dish.

Bake for one hour at 350 degrees.

Garnish the plate with cranberry sauce and parsley sprigs,

(You can substitute tuna, crab meat, turkey, chicken or ham in place of the shrimp.)

Per Serving (excluding unknown items): 426 Calories; 19g Fat (40.0% calories from fat); 27g Protein; 37g Carbohydrate; 3g Dietary Fiber; 159mg Cholesterol; 470mg Sodium. Exchanges: 2 Grain(Starch); 3 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 3 Fat.