

Shrimp and Wild Rice Casserole Mississippi

Mary Frances Edmonson - Columbus, MS
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Servings: 4

*1 can (10-3/4 ounce)
mushroom soup
2 tablespoons green onions,
chopped
2 tablespoons onions,
chopped
2 tablespoons butter,
melted
1 tablespoon lemon juice
2 cups cooked white rice
1/2 teaspoon
Worcestershire sauce
1/2 teaspoon dry mustard
1/4 teaspoon pepper
1/2 cup cheese, cubed or
grated
1 pound shrimp, cleaned
and cut in bite-size pieces*

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

In a bowl, mix all of the ingredients.

Pour the mixture into a nine-inch square
casserole dish.

Bake at 375 degrees for 30 minutes until bubbly
and the flavors have married.

Per Serving (excluding unknown
items): 329 Calories; 10g Fat
(28.9% calories from fat); 26g
Protein; 30g Carbohydrate; 1g
Dietary Fiber; 189mg Cholesterol;
455mg Sodium. Exchanges: 2
Grain(Starch); 3 Lean Meat; 0
Vegetable; 0 Fruit; 1 1/2 Fat; 0
Other Carbohydrates.