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# Blend of the Bayou

Lynda Huggins - Louisiana

North American Potpourri - Autism Directory Service, Inc - 1993

*NOTE: I like to use a lot more shrimp, about three pounds. I also use three eight-ounce packages of mushrooms and four cans of white crab meat. I cook and use 3/4 cup of Uncle Ben's (not instant) rice. The shredded Velveeta is easier to use.*

**1 package (8 ounce) cream cheese**  
**1 pound shrimp, peeled**  
**1 bell pepper, chopped**  
**1 can golden mushroom soup**  
**1 pound fresh mushrooms, sliced**  
**1/2 teaspoon red pepper**  
**1 1/2 cups cooked rice**  
**cracker crumbs**  
**1 stick butter**  
**1 large onion, chopped**  
**2 ribs celery, chopped**  
**2 tablespoons butter**  
**1 teaspoon (or less) Tabasco sauce**  
**1 pint crab meat**  
**1 pound Velveeta cheese**

Melt the cream cheese and butter using a double boiler.

In a skillet, saute' the shrimp, onion, bell pepper and celery in two tablespoons of butter. Add to the cheese-butter mixture.

Add the soup, mushrooms, seasonings, crab meat and rice. Mix well. Place the mixture into a two-quart casserole dish. Top with the cheese (grated or sliced thin) and cracker crumbs.

Bake in the oven at 350 degrees for about 20 to 30 minutes, until bubbly.

(This casserole freezes well before baking.)

Yield: 10 to 12 servings

## Seafood

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*Per Serving (excluding unknown items): 3135 Calories; 210g Fat (60.0% calories from fat); 185g Protein; 129g Carbohydrate; 12g Dietary Fiber; 1495mg Cholesterol; 3592mg Sodium. Exchanges: 5 Grain(Starch); 23 Lean Meat; 8 Vegetable; 38 Fat.*