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# Crab-Shrimp Dip

*Katherine Kapple*

*Nettles Island Cooking in Paradise - 2014*

**2 cups shrimp, cooked and coarsely chopped**  
**1 can crabmeat (lump or claw)**  
**1/2 can cream of shrimp soup (use the bottom 1/2 of the can because the shrimp settles)**  
**1/2 teaspoon pepper**  
**2 stalks celery, finely chopped**  
**1 bell pepper, finely chopped**  
**1 onion, finely chopped**  
**1/2 cup mayonnaise**  
**2 cups grated Parmesan cheese**

In a bowl, combine the shrimp, crabmeat, soup, pepper, mayonnaise and Parmesan cheese.

In a skillet, saute' the onion, celery and bell pepper until tender and the onion is transparent.

Add the saute' mixture to the crab-shrimp mixture. Pour the mixture into a baking dish.

Bake at 325 degrees for 30 minutes or until bubbly.

Serve with Ritz crackers.

## **Appetizers**

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*Per Serving (excluding unknown items): 2109 Calories; 150g Fat (63.2% calories from fat); 166g Protein; 30g Carbohydrate; 6g Dietary Fiber; 883mg Cholesterol; 4380mg Sodium. Exchanges: 0 Grain(Starch); 22 1/2 Lean Meat; 3 1/2 Vegetable; 11 1/2 Fat.*