

Exotic Bean Casserole

Ida Crafton - Port Tobacco, MD

Treasure Classics - National LP Gas Association - 1985

Servings: 8

*1 package (10 ounce)
frozen green beans
1 package (10 ounce)
frozen lima beans
1 package (10 ounce)
frozen peas
1 1/3 cups mayonnaise
1 can (5 ounce) sliced water
chestnuts
1 medium onion, grated
1 teaspoon worcestershire
sauce
1/4 teaspoon Tabasco
sauce
1/4 teaspoon lemon juice
dash garlic salt
salt (to taste)
3/4 cup Ritz crackers,
crushed
margarine*

Preparation Time: 30 minutes

Bake Time: 20 minutes

Season and cook the vegetables separately in a pressure cooker, 2 minutes for each vegetable.

In a bowl, combine the mayonnaise, water chestnuts, onion, Worcestershire, Tabasco, lemon juice, garlic salt and salt. Add the green beans, lima beans and peas. Mix well.

Spread the mixture in a 8x11-inch casserole. Cover with cracker crumbs. Dot with margarine or use liquid margarine.

Bake in the oven at 350 degrees for approximately 20 minutes.

Per Serving (excluding unknown items): 307 Calories; 31g Fat (85.7% calories from fat); 3g Protein; 9g Carbohydrate; 2g Dietary Fiber; 13mg Cholesterol; 236mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Fruit; 2 1/2 Fat; 0 Other Carbohydrates.