

# Shrimp and Wild Rice Alabama

Pat Stanford - Demopolis, AL

Treasure Classics - National LP Gas Association - 1985

## Servings: 6

*1 stick butter  
1/2 cup onion, sliced  
1/4 cup green pepper,  
sliced  
1/2 pound fresh  
mushrooms, sliced  
1 jar (3-1/2 ounce)  
pimientos, chopped  
4 tablespoons flour  
1 cup whole milk  
1 cup chicken broth  
1 tablespoon  
Worcestershire sauce  
1 teaspoon curry  
4 drops tabasco sauce  
1/2 teaspoon salt  
2 cups wild rice, cooked  
1 pound (more, if desired)  
shrimp, cooked and cleaned*

## Preparation Time: 30 minutes

### Bake Time: 30 minutes

In a saucepan in four tablespoons of butter, saute' the onion and green pepper lightly until limp. Add the mushrooms and pimientos. Cook for 2 to 3 minutes. Set aside.

In another saucepan, melt the remaining four tablespoons of butter. Add the flour. Stir in the milk and chicken broth. Cook until smooth and thickened, stirring constantly. Add the Worcestershire, curry, tabasco and salt to the white sauce.

Combine the cooked vegetables, cream sauce, cooked wild rice and shrimp. Place in a two-quart casserole dish.

Bake in the oven at 325 degrees until hot, about 30 minutes.

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Per Serving (excluding unknown items): 396 Calories; 18g Fat (39.3% calories from fat); 12g Protein; 50g Carbohydrate; 4g Dietary Fiber; 48mg Cholesterol; 513mg Sodium. Exchanges: 3 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 3 1/2 Fat; 0 Other Carbohydrates.