

Shrimp Casserole Harpin

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Servings: 6

*2 pounds fresh shrimp (or
1-1/2 pound frozen),
cleaned and cooked
1 tablespoon lemon juice
3 tablespoons salad oil
1 cup rice, cooked
1/2 cup green pepper, finely
chopped
1/4 cup minced onion
2 tablespoons butter or
margarine
1 teaspoon salt
1/8 teaspoon pepper
1/8 teaspoon mace
1 can tomato soup
dash cayenne
1/2 cup dry sherry
1 cup heavy cream
1/4 cup slivered almonds
paprika*

Preparation Time: 30 minutes

Preheat the oven to 325 degrees.

Place the shrimp in a two-quart casserole dish.
Sprinkle with lemon juice and oil.

Add the rice to the casserole. Cover.
Refrigerate.

In a saucepan, saute' the green pepper and
onion in butter until soft. Add to the shrimp
mixture.

Stir in the salt, pepper, mace, tomato soup,
cayenne, sherry and cream. Mix well. Pour the
mixture into the buttered casserole. Sprinkle
with almonds and paprika.

Bake for 30 to 40 minutes or until bubbly.

*This recipe is easily
doubled.*

Per Serving (excluding unknown items): 423 Calories; 29g Fat (64.2% calories from fat); 5g Protein; 32g Carbohydrate; 1g Dietary Fiber; 65mg Cholesterol; 530mg Sodium. Exchanges: 2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Non-Fat Milk; 5 1/2 Fat.