

Souper Shrimp and Wild Rice South Carolina

ricky S Cauthen - Lancaster, SC
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Servings: 8

2 1/2 pounds shrimp
3 cans (10-3/4 ounce ea)
cream of mushroom soup
1/2 to 3/4 cups water
1 box (6 ounce) long grain
and wild rice
1 green pepper, chopped
1 jar (2 ounce) diced
pimientos
2 cups onion, finely
chopped
1 cup celery, finely chopped
2 cups grated sharp
cheddar cheese

Preparation Time: 30 minutes**Bake Time: 45 minutes**

Boil and peel the shrimp.

In a saucepan,, dilute the soup with water.

Cook the rice according to package directions.

In a bowl, mix all of the ingredients. Pour the mixture into a three quart casserole dish.

Bake, uncovered, in the oven at 350 degrees for 45 minutes to one hour.

Serve at once.

Per Serving (excluding unknown items): 220 Calories; 6g Fat (24.8% calories from fat); 30g Protein; 10g Carbohydrate; 1g Dietary Fiber; 217mg Cholesterol; 612mg Sodium. Exchanges: 0 Grain(Starch); 4 Lean Meat; 1 Vegetable; 1/2 Fat.