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# Shrimp Stuffed Peppers

*Home Cookin - Junior League of Wichita Falls, TX - 1976*

Servings: 6

**6 large green peppers**

**1/4 cup butter, melted**

**2 cups Premium cracker crumbs**

**2 1/2 cups grated Cheddar cheese**

**1 quart shrimp, cooked and cleaned**

**1 can (8 ounce) tomato sauce**

**1/4 teaspoon salt**

**1/4 teaspoon oregano**

Parboil the peppers in salted boiling water for about 5 minutes. Drain and dry on paper towels.

In a bowl, combine the melted butter and cracker crumbs.

In the peppers, layer the crumbs, grated cheese and the shrimp, topping with cheese and shrimp.

In a bowl, combine the tomato sauce with the seasonings. Pour 1/4 of the sauce in the bottom of a shallow baking dish. Place the peppers in the dish. Spoon the remaining sauce over the peppers.

Bake in the oven at 350 degrees for about 30 minutes.

## Seafood

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*Per Serving (excluding unknown items): 470 Calories; 26g Fat (50.5% calories from fat); 45g Protein; 13g Carbohydrate; 3g Dietary Fiber; 310mg Cholesterol; 943mg Sodium. Exchanges: 0 Grain(Starch); 6 Lean Meat; 1 1/2 Vegetable; 3 1/2 Fat.*