



SHEPHERD PIE

Sondra Allen

1 lb. ground beef
1 can cream of mushroom
1 can drained French-style cut
green beans

Prepared mashed potatoes
Sliced American cheese

Brown and drain ground beef. Mix meat, soup and beans. Pour mixed ingredients into casserole dish. Layer cheese then pour mashed potatoes over cheese. Layer cheese again. Bake in oven until cheese is melted.

SHRIMP AND OKRA CASSEROLE

Kathy Wilson

2 lbs. peeled and deveined
shrimp
3 qt. water
1 T. tomato paste
2 lbs. fresh okra, cut sm.
1 c. chopped onions

1/2 c. chopped celery
1/2 c. chopped bell pepper
1 fresh tomato, chopped
4 cloves garlic, chopped
1/2 c. oil
Salt and pepper

Season shrimp and set aside. Smother okra in oil for 30 minutes then add tomato paste, fresh tomato, onions, celery and bell pepper. Cook for about 30 minutes. Add 3-quarts of water and season to taste. Cook for 45 minutes. Add shrimp and cook for another 20 minutes. Add green onion tops and parsley and cook 5 minutes before finishing. Serve over cooked rice.

SHRIMP CORNBREAD DRESSING

L. Young, Lake Charles

2 lbs. deveined shrimp
1 stick margarine
1 can cream of celery soup
1 can cream of potato soup
1 c. water

2 boxes Jiffy cornbread
1 onion, chopped
1/4 bell pepper
1 1/2 pods garlic

Prepare cornbread mix according to directions and bake. Set aside. Saute vegetables in margarine in Dutch oven. Add shrimp and cook until pink. Add soups and water. Cook about 20 minutes until shrimp are done. Crumble cornbread and add to shrimp mixture. Put in 9 x 13-inch pan and bake for 45 minutes at 350°.

