

SEAFOOD CASSEROLE

Lisa Nesmith

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| 1 lb. shrimp, sauteed with vegetables | 1½ sticks butter |
| 1 pt. crabmeat | 1 tsp. Tabasco |
| 1 c. cooked rice | ½ tsp. red pepper |
| 8 oz. cream cheese | 1 tsp. garlic powder |
| 1 bell pepper | 1 tsp. salt |
| 1 onion | 1 can mushroom soup |
| 2 ribs celery | 1 can sliced mushrooms |

Melt ½ stick butter with cream cheese. Saute vegetables with 1 stick butter. Mix all ingredients and pour in greased casserole dish. Top with grated cheese and cracker crumbs. Bake until bubbly.

SHRIMP OR CRAWFISH ETOUFFEE

*Jamie Fletcher
Respiratory Department*

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| 1 large bunch of celery, diced | 6 sticks butter or Country Crock margarine |
| 2 large bunches of green onions, diced | Tony Chachere's to taste |
| 1 large bell pepper, diced | 2 to 3 lb. shrimp or crawfish |
| 1 can Ro-Tel | |
| 6 small or 3 large cans cream of mushroom soup | |

Saute celery, onions, and bell peppers in butter. Add shrimp; cook until pink. Add Ro-Tel. Add cream of mushroom soup and Tony Chachere's to taste. Serve over rice with garlic bread.