

ANNE'S SHRIMP AND CRAB CASSEROLE

1 pound of shrimp, cooked and peeled
1 pound of crab meat
(1-1/2 to 2 pounds of cooked and diced chicken or turkey may be substituted for the seafood)

1 6 oz. box Uncle Ben's Long Grain and Wild Rice
1 cup celery, chopped
1 cup green pepper, chopped
1/2 cup onion, chopped

3 Tbls. butter, melted
3 Tbls. all-purpose flour
1 1/2 cups milk
1 cup mayonnaise
1 Tbls. Worcestershire sauce

Cook rice according to package directions.

Sauté celery, green pepper and onion in 1/2 cube of butter till tender. Mix with cooked rice.

Mix flour and melted butter.

Stir in milk, mayonnaise and Worcestershire sauce. Cook slowly until thick.

Add to shrimp and crab meat, then mix with rice and vegetables.
Pour mixture in a buttered 9 x 13 x 2 inch dish.

Bake at 325 degrees for 35 minutes.

(Can be frozen in smaller portions before cooking. Thaw and then bake.)