



SHRIMP STUFFED BELL PEPPERS

Complements of Louisiana Direct Seafood Shop & Delcambre Market Health & Wellness

Ingredients

- 8 bell peppers, any color
- 2 cups mushrooms, diced fine
- 1 cup onion, chopped
- 1 cup celery, chopped
- 1 small pimento, chopped
- 2 garlic cloves, minced
- 4 cups peeled, deveined shrimp
- 1/2 cup grated pepper jack cheese
- 2 cups cooked rice
- 1/4 cup breadcrumbs
- 1 can cheddar cheese soup
- 1 can of cream mushroom soup
- 1 stick of butter
- 4 Tbsp. olive oil
- 1 tsp. Tabasco sauce
- 1 tsp. salt, or to taste

Nutrition Facts

Serving: 1 pepper. Servings: 8

Per Serving: 550calories.

30.5g fat (14g saturated fat, 256mg cholesterol,) 37.9g carbohydrate,
(8.2g sugars, 4g fiber,) 32,8g protein, 1,967mg sodium.

Directions

1. Preheat oven to 350 or grill to 400 degrees F.
2. Cut the tops off the peppers. Remove and discard the stems, then finely chop the tops; set aside. Scoop out the seeds and the membrane. Place peppers cut-side up in a baking dish, cast iron skillet, or on a wire-rack, stacked closely together, ensuring they hold up-right.
3. Cook onions, bell pepper, celery, and butter until tender. Add mushrooms and cook until soft.
4. Add soups, garlic, parsley, green onions, pimento, and shrimp. Heat thoroughly until shrimp are cooked. Add salt and Tabasco, to taste, Stir in rice.
5. Fill the peppers with the mixture and top each with a sprinkle of cheese and bread crumbs.
6. Oven: Pour a small of water into the bottom of the baking dish. Cover with foil and bake for 30 minutes. Uncover and bake for another 5 minutes or so until cheese is melted and lightly browned.
Grill: Add Cover with foil and grill for 10-15 minutes until bell pepper is soft, uncover and grill another 3-4 more until cheese is melted and there is a nice golden crust.

