

SEAFOOD STUFFED BELL PEPPERS

Ingredients

Bourque 6 medium bell peppers

1/2 stick butter 1/2 pound lump crab meat

1/2 pound small shrimp, peeled and deveined

1/2 pound crawfish tails 2 cloves garlic, minced

1/2 cup onions, chopped 1/2 cup bell pepper, chopped

1/2 cup celery, chopped

1/4 cup fresh parsley,

chopped 1 tablespoon Cajun seasoning couple good shakes of hot sauce salt to your taste

1 1/2 cups Italian bread crumbs

1 cup shredded cheddar cheese Cut tops off bell peppers

Here is how to prepare it:

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wash them, and remove seeds. Par boil them in a large pot of salted water for 10 minutes.

Drain and set aside. In a large skillet, sauté crawfish, shrimp, onions, bell pepper, garlic, and celery in butter for 10 minutes. Add crab meat, Cajun seasoning, salt, and hot

sauce and cook for 5 more minutes. Remove from heat and add bread crumbs and 1 cup of cheese and mix thoroughly.

Stuff the par boiled bell peppers with this mixture and top with left over cheese. Place the stuffed peppers in a shallow baking dish, and add about a cup of water, or enough to cover bottom of dish, and bake at 350 degrees for 30 to 35 minutes. If you don't have crawfish tails, this dish is just as good with only the shrimp and crab meat . Enjoy!!!!