



### New Orleans Style Spinach & Crab Meat Casserole

2 Tbsp	Butter
2 Tbsp	Olive Oil
1 Cup	chopped Onions
¼ Cup	chopped Green Onions
½ Cup	chopped Red Bell Pepper
2	10 Oz. Packages Frozen Spinach thawed and drained
1 Pint	Sour Cream
½ Cup	Grated Parmesan Cheese
1	14 Oz. Can of Artichoke Hearts drained
¼ Cup	Dry White Wine
3 Tbsp	Col. Paul's Cajun Seasoning
1 Lb.	Lump Crabmeat
4	Cloves chopped Garlic
½ Lb.	Medium Shrimp peeled & deveined
1 Tsp	Worcestershire Sauce
½ Cup	Mix of chopped Parsley, Sweet Basil, & Thyme
½ Cup	Seasoned Breadcrumbs

Preheat oven to 350 Degrees. Next in heavy skillet heat up the Butter and Olive Oil and sauté the Onions, Green Onions, and Bell Peppers over a medium flame until soft. Add the Shrimp and the Cajun Seasoning and continue to sauté for a minute or two. Now de-glaze the pan with the White Wine and add the Spinach, Sour Cream, Artichoke Hearts, Worcestershire sauce, Fresh Herbs, and Parmesan Cheese. Stir this gently to get a nice creamy consistency and then gently fold in the Lump Crabmeat. When the mixture is all combined pour into a 2-Quart Casserole dish and sprinkle the top with the Seasoned Breadcrumbs. At this point you may refrigerate or Bake in the oven for 20-30 minutes or until Breadcrumbs are lightly browned. Bon Appetite!