

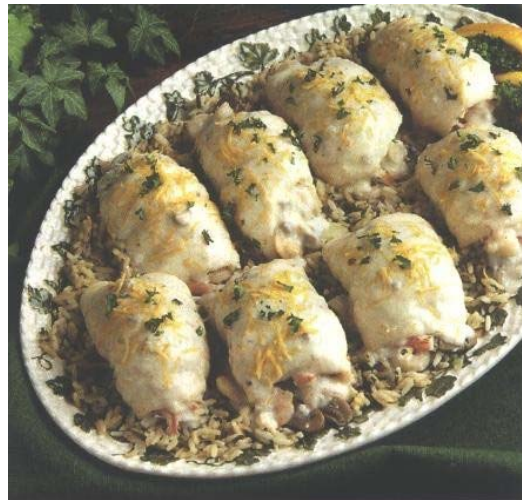
## Main Dishes

Seafood

### Stuffed Flounder

This recipe cost me less then the prepared stuffed flounder you can buy and I got many compliments.

1 cup chopped onion  
2 cans (4-1/4 oz. each)  
shrimp, rinsed and drained  
1 jar (4-1/2 oz.) sliced mushrooms, drained  
2 Tbs. butter  
1/2 lb. fresh cooked or canned  
crabmeat, drained and cartilage removed.  
OR 1/2 lb. imitation crabmeat, chopped  
8 flounder or sole fillets (2 to 2-1/2 pounds)  
1/2 tsp. salt  
1/4 tsp. pepper  
1/4 tsp. paprika  
2 cans (10-3/4 oz. each) condensed  
cream of mushroom soup. undiluted  
1/3 cup chicken broth  
2 Tbs. water  
2/3 cup shredded cheddar cheese  
2 Tbs. minced fresh parsley  
Cooked wild, brown or white rice



In a saucepan, sauté onion, shrimp and mushrooms in butter until onion is tender.  
Add crabmeat; heat through.

Sprinkle fillets with salt, pepper and paprika.

Spoon crabmeat mixture on fillets; roll up and fasten with a toothpick.

Place in a greased 13-inch x 9-inch x 2-inch baking dish.

Combine the soup, broth and water; blend until smooth. Pour over fillets.

Sprinkle with cheese.

Cover and bake at 400 degrees for 30 minutes.

Sprinkle with parsley; return to oven, uncovered, for 5 minutes or until fish flakes.

Serve over rice, if desired.

Yield: 8 servings.

NOTE: Toothpicks are not needed if you overlap the ends of the fillets and place them in the bottom of the baking dish.