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## **Seafood Stroganoff**

1 1/2 tbsp. Mike's Gourmet Herbs Meat Rub & Marinade

2 lbs. peeled medium raw Shrimp

1 lb. Claw Crabmeat

2 cans Cream of Mushroom soup

1/2 cup flour

1 large Bell Pepper (diced)

2 stalks Scallion onions (diced)

1 large white Onion (diced)

2 sticks butter or low transfat brand (Land 'O Lakes<sup>®</sup> is best; never use margarine)

White or Wild Rice

Prepare rice in pan, cover and set aside.

Place raw shrimp in 2" deep sauce pan. In another pan, sauté Bell Pepper and onions in 1 stick butter. Layer over raw shrimp and layer crab meat over peppers and onions.

Pour 2 cans soup in layer over crab meat. Melt 1 stick butter in small dish. Sift flour over stroganoff mixture and drizzle with melted butter.

Cook in over 30-35 minutes, stirring occasionally. Serve over rice.

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