

# Chicken Curry III

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Silverdale, WA. Chamber Of Commerce Favorite Recipes - 1991

## Servings: 4

*1/2 cup oil  
2 cups onion, chopped  
1/2 cup green pepper,  
chopped  
3 pounds chicken , cut up  
2 tablespoons flour  
1/2 tablespoon curry  
powder  
1/2 tablespoon salt  
1/2 cup water  
1/4 cup lemon juice  
1 can (8 ounce) tomato  
sauce  
1 to 2 cloves garlic, crushed*

In a saucepan, cook the onion and green pepper in oil until tender. Add the chicken until brown.

In a bowl, mix the flour, curry powder and salt. Slowly stir in the water and lemon juice to make a paste. Add the tomato sauce and garlic. Pour the mixture over the chicken. Cover.

Simmer over low heat until the chicken gets tender, about two hours.

Serve with rice.

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Per Serving (excluding unknown items): 316 Calories; 28g Fat (75.7% calories from fat); 3g Protein; 17g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 1174mg Sodium. Exchanges: 0 Grain(Starch); 2 Vegetable; 0 Fruit; 5 1/2 Fat.