

Curry and Rice

*Canadian Mennonite Cookbook - 1974
D. W. Friesen & Sons Ltd.*

rice

*1/2 cup onions, chopped
butter*

*3/4 pound meat (chicken,
beefsteak or veal), chopped
flour*

1/2 cup water

1 cup tomatoes

*1 tablespoon vinegar (if the
meat is tough)*

pinch salt

1 teaspoon curry powder

SAUCE

tomatoes

raw onions, chopped

vinegar

salt

pepper

Cook the quantity of rice desired in plenty of hot water.

In a skillet, fry the onions in a little butter until brown.

Place flour in a shallow dish. Roll the meat in the flour to coat.

Fry the meat in the skillet until browned.

Add the water, tomatoes, vinegar (if needed), salt and curry powder.

Cook slowly for about one hour.

Make a sauce to be added to the rice and curry at the table. Mix tomatoes, raw onions, vinegar, salt and pepper to taste.

Per Serving (excluding unknown items): 75 Calories; 1g Fat (10.5% calories from fat); 3g Protein; 16g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 23mg Sodium. Exchanges: 0 Grain(Starch); 3 Vegetable; 0 Fat.