

# Curried Shrimp

*Sumi Ford*

*Silverdale, WA. Chamber Of Commerce Favorite Recipes - 1991*

## **Servings: 6**

*1/2 cup chopped onion  
1 clove garlic, minced  
1/4 cup chopped green  
pepper  
1/4 cup margarine, melted  
3 tablespoons all-purpose  
flour  
1 tablespoon curry powder  
2 cups half-and-half  
1 tablespoon lemon juice  
1/2 teaspoon salt  
dash pepper  
1/8 teaspoon ground ginger  
1/8 teaspoon chili powder  
1 pound cooked shrimp,  
peeled and deveined  
hot cooked rice*

In a skillet, saute' the onion, garlic and green pepper in margarine until the vegetables are tender. Add the flour and curry powder. Cook over low heat until bubbly, stirring constantly.

Gradually stir in the half-and-half. Cook until smooth and thickened, stirring constantly.

Add the lemon juice, salt, pepper, ginger and chili powder. Add the shrimp. Heat thoroughly.

Serve over rice.

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Per Serving (excluding unknown items): 169 Calories; 9g Fat (46.4% calories from fat); 17g Protein; 6g Carbohydrate; 1g Dietary Fiber; 148mg Cholesterol; 438mg Sodium. Exchanges: 0 Grain(Starch); 2 Lean Meat; 1/2 Vegetable; 0 Fruit; 1 1/2 Fat.