

Hurry Curry

Bobbie Forman

Feasting With Friends - Martin Memorial Auxiliary, Inc - 2011

*1 pound medium shrimp,
shelled and cleaned
1 medium onion, diced
1/2 cup sour cream
2 teaspoons curry powder
olive oil*

In a saucepan, saute' the onion. When softened, add the curry and slowly simmer for 5 minutes.

Add the sour cream. Combine.

Add the shrimp and cook quickly.

Per Serving (excluding unknown items): 783 Calories; 32g Fat (38.3% calories from fat); 97g Protein; 21g Carbohydrate; 3g Dietary Fiber; 741mg Cholesterol; 739mg Sodium. Exchanges: 0 Grain(Starch); 13 Lean Meat; 1 1/2 Vegetable; 1/2 Non-Fat Milk; 5 Fat.