

Chicken Curry II

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

*3 tablespoons Crisco
1 tin mushrooms, drained
1/4 cup onion, minced
3 cups cooked chicken, cut
into pieces
1/2 teaspoon salt
3 tablespoons flour
1 to 1-1/2 teaspoons curry
powder
2 cups chicken stock*

Preheat the oven to 300 degrees.

Saute' the onions in fat until tender. Add the mushrooms and chicken. Heat.

Add the salt, flour and curry powder. Stir thoroughly.

Add the chicken stock. Cook until thickened. Transfer to a casserole dish.

Bake for at least 15 minutes to blend the flavors.

Serve with hot boiled rice.

Per Serving (excluding unknown items): 896 Calories; 21g Fat (22.1% calories from fat); 136g Protein; 28g Carbohydrate; 4g Dietary Fiber; 357mg Cholesterol; 5689mg Sodium. Exchanges: 1 1/2 Grain(Starch); 18 1/2 Lean Meat; 1 Vegetable; 0 Fat.