

# Easy Curry

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## Servings: 4

*1 small onion, chopped  
olive oil or butter  
2 to 3 tablespoons curry  
powder  
1/2 teaspoon powdered  
ginger  
1 can cream of mushroom  
soup, thinned per can  
instructions  
2 cups cooked chicken (or  
lamb or turkey)  
salt (to taste)  
pepper (or taste)  
1 red-skinned apple, cored  
and diced  
1/2 cup chopped green  
pepper  
2 tablespoons lemon juice*

Saute' the onion in butter until tender. Add the curry and ginger.

After a few minutes, add the soup (thinned per can instructions).

Add the meat. Simmer 10 to 15 minutes.

Add the salt, pepper, apple, green pepper and lemon juice.

Simmer 5 minutes more.

Serve over rice.

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Per Serving (excluding unknown items): 60 Calories; 3g Fat (38.6% calories from fat); 1g Protein; 8g Carbohydrate; 2g Dietary Fiber; 1mg Cholesterol; 261mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 0 Fruit; 1/2 Fat.