

Ham Paprika

Joyce Levi

Unitarian Universalist Fellowship of Vero Beach, FL 2000

2 tablespoons fat
1 small onion, sliced
2 cups cooked ham, cubed
1 cup tomato sauce
2 tablespoons rich prepared
mustard
1 teaspoon paprika
1 cup sour cream

In a skillet, melt the fat. Saute' the onion until yellow and tender. Add the ham.

In a bowl, blend together the tomato sauce, mustard and paprika. Stir into the ham. Simmer for 30 minutes.

Add the sour cream and heat (Do not boil.)

Serve over rice and noodles.

Per Serving (excluding unknown items): 1337 Calories; 103g Fat (68.6% calories from fat); 60g Protein; 47g Carbohydrate; 6g Dietary Fiber; 280mg Cholesterol; 5165mg Sodium. Exchanges: 0 Grain(Starch); 7 Lean Meat; 4 1/2 Vegetable; 1/2 Non-Fat Milk; 16 1/2 Fat.