



Uploaded to VFC Website

▶▶▶ January 2013 ◀◀◀

This Document has been provided to you courtesy of Veterans-For-Change!

Feel free to pass to any veteran who might be able to use this information!

For thousands more files like this and hundreds of links to useful information, and hundreds of "Frequently Asked Questions, please go to:

[Veterans-For-Change](http://www.veteransforchange.org)

*Veterans-For-Change is a 501(c)(3) Non-Profit Corporation
Tax ID #27-3820181*

If Veteran's don't help Veteran's, who will?

We appreciate all donations to continue to provide information and services to Veterans and their families.

https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=WGT2M5UTB9A78

Note:

VFC is not liable for source information in this document, it is merely provided as a courtesy to our members.



Szechwan Shrimp

Total Time: 30 mins

Ingredients

- ◆ 1 pounds shrimp, in shells
- ◆ 3 tablespoon water
- ◆ 2 tablespoon ketchup
- ◆ 1 tablespoon soy sauce, reduced-sodium
- ◆ 1 tablespoon wine, rice, or dry sherry or water
- ◆ 2 teaspoon cornstarch
- ◆ 1 teaspoon honey
- ◆ 1 teaspoon ginger, fresh
- ◆ 1/2 teaspoon pepper, red, crushed
- ◆ 1 tablespoon oil, peanut
- ◆ 1/2 cup(s) scallion(s) (green onions), sliced
- ◆ 4 clove(s) garlic, minced
- ◆ 2 cup(s) rice noodles
- ◆ 2 small pepper(s), red chile, sliced



Preparation

1. Thaw shrimp, if frozen. Peel and devein shrimp; cut in half lengthwise. Rinse; shrimp pat dry with paper towels. Set aside.
2. For sauce, in a small bowl, stir together the 3 tablespoons water, ketchup, soy sauce, rice wine, cornstarch, honey, ground ginger (if using), and crushed red pepper. Set aside.
3. Pour oil into a large skillet or wok. Heat over medium-high heat. Add green onions, garlic, and grated fresh ginger (if using); stir-fry for 30 seconds.
4. Add shrimp. Stir-fry for 2 to 3 minutes or until shrimp are opaque; push to side of skillet or wok. Stir sauce; add to center of skillet or wok. Cook and stir until thickened and bubbly. Cook and stir for 2 minutes more. Serve with rice noodles or rice. If desired, garnish with sliced red chile peppers.