

Noreen's Kitchen

Sweet and Sour Shrimp

Ingredients

2 pounds fresh shrimp peeled and tailed
2 tablespoons vegetable oil
1 medium onion quartered and sliced
4 stalks celery sliced
1 green bell pepper diced
1 cup sliced carrots
4 cloves garlic minced
4 tablespoons fresh ginger minced
1 tablespoon lemon grass (I get mine in a tube in the produce section)
1 20 ounce can pineapple (crushed, tidbits, or chunks) with juice
2 2/3 cup water
1/4 cup corn starch
1 1/3 cup granulated sugar
2/3 cup white or cider vinegar
1/2 cup tomato Ketchup
2 Tablespoons Molasses
1/3 cup soy sauce

Step by Step Instructions

Heat oil in large stock pot.

Sautee, over medium heat, onions, carrots, celery, garlic, ginger and lemongrass for about 5 minutes until onions are slightly translucent.

Mix water and cornstarch in a jar to combine then add to pot with veggies.

Add canned pineapple with juice to pot. Stir well to combine.

Mix ketchup, soy sauce, molasses and vinegar in a jar to blend well then add to pot. Stirring well to combine.

Allow sauce to simmer for 5 minutes until thickened.

Add shrimp to sauce and stir constantly until shrimp is pink, opaque and cooked through. This should only take 5 minutes.

Remove from heat.

Serve over steamed rice or cooked pasta.

Enjoy!

