KitchenBooQ

Frugal -Creamed Spinach

Serving: 4 | Cook Time: 20 mins | Level: Easy



INGREDIENTS

- 1 lb. frozen spinach, chopped ($1.27)
- 4 Tbsp butter ($0.20)
- 1 Tbsp minced garlic ($0.25)
- 1/4 cup all-purpose flour
- 2 cups whole milk
- 1/4 cup grated parmesan
- salt and pepper to taste
- 1/8 tsp nutmeg

PREPARATION

1. Melt the butter in a large skillet with the minced garlic over medium/high heat. Once it is melted and sizzling, whisk in the all-purpose flour. Continue to cook and whisk for 2 minutes (to cook out the floury taste). The flour should not turn brown during this step. If it begins to, lower the heat slightly.

2. Whisk in the 2 cups of milk until all of the flour/butter clumps have dissolved. Let the liquid come up to a simmer while whisking. This sauce should thicken quickly once it simmers. Once it is thickened, you can add the parmesan cheese. Whisk it in until it is melted and thoroughly incorporated.

3. After adding the parmesan, stir in the frozen spinach (I didn't even bother thawing or draining). Keep stirring until the mixture is heated through (5-7 minutes).

4. Season the mixture with salt, freshly cracked black pepper and ground nutmeg. Enjoy!