



Creamed Spinach Recipes

1. German Creamed Spinach Recipe

Ingredients:

- 3 lbs fresh spinach
- ½ cup water
- ½ tsp salt
- 2 Tbsp butter
- 2 Tbsp flour
- ½ cup milk
- ½ clove garlic, chopped
- salt, pepper, nutmeg

Instructions:

1. Bring water and ½ tsp salt to boil. Add washed spinach and cook about 5 minutes.
2. Drain well, keeping liquid.
3. Finely chop spinach.
4. Heat butter in sauce pan, stir in flour. Saute over low heat for about 2 - 3 minutes, stirring continually.
5. Add ½ cup reserved hot cooking liquid and ½ cup milk. Stir with whisk over low heat until smooth.
6. Add garlic and simmer sauce about 5 minutes.
7. Add chopped spinach and season with salt, pepper, and nutmeg and heat thoroughly.

Hints:

- Use ½ cup cream instead of ½ cup reserved cooking liquid for sauce.
- Use only 1 cup cream (half and half) for sauce.
- Use 1 Tbsp chopped onion instead of garlic, or omit.
- Use 2 - 3 packages of well-drained frozen chopped spinach instead of fresh.
- Add some diced fried bacon (bacon bits) or diced smoked sausage.

Check out www.justlikeoma.com for more German recipes

2. Oma's Quick Creamed Spinach Recipe

Ingredients:

- 3 packages (300 oz each) frozen chopped spinach
- 3 Tbsp cornstarch
- 2 - 3 Tbsp butter
- salt, pepper, and nutmeg

Instructions:

1. Place frozen spinach into a saucepan and add just enough water to cover bottom of pan about ½ inch.
2. Bring to boil and lower heat to simmer. Slowly stir as spinach starts to thaw. Once thawed (it will only take a few minutes), let it simmer for several minutes.
3. Dissolve cornstarch in a bit of water. Slowly add just enough to spinach so that it thickens as much as you'd like. Stir in butter until it melts.
4. Season with salt, pepper, and nutmeg.
5. Serves 4

Hints:

- Add some bacon bits as the spinach simmers.
- Serve with boiled potatoes (put these on to cook just before you start the spinach). Fry eggs just as you're finished making the spinach.