

# Creamed Spinach

## Ingredients

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20 oz Frozen Spinach (thawed)  
4 Bacon Slices  
1 Onion (minced)  
2 T Flour  
1 t Salt  
1/2 t Ground Black Pepper  
1/2 t Ground Nutmeg  
2 c Milk

## Instructions

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Drain spinach well and squeeze out excess moisture with hands; chop finely and set aside. Fry bacon in heavy skillet until crisp; remove, drain and chop. Saut  onion and garlic in bacon drippings; add flour, salt, pepper, nutmeg and blend thoroughly. Slowly add milk, stirring constantly until thickened. Add spinach and bacon; heat.