

# Creamed Spinach

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3 (10 oz.) packages frozen spinach

1 1/4 cup heavy cream

1/4 cup flour

1/4 cup softened butter

2 tablespoons finely chopped garlic

1/2 chopped white onion

1/2 cup freshly grated pepper jack cheese

1 package of Trader Joes pancetta

1 capsule slow release preparation H

1 table spoon Crushed Red Pepper

salt and pepper to taste

Ritz crackers

sauté onions and garlic in butter until the onions are caramelized. Warm heavy cream on medium heat in separate sauce pan. Add flour to onion/garlic pan and cook roux. Once there are no more clumps or lumps slowly add in warm cream while whisking. let cook for a couple minutes and then add your spinach, cheese, crushed red pepper, pancetta with salt and pepper to taste. Cover top with as much crushed crackers as you desire and then put in the oven at 350 until the top is browned.