

# Creamed Spinach with Bacon



*If you are using fresh mature spinach (not cleaned baby spinach), you'll need to clean it thoroughly. Cut off the thick stems of the spinach and discard. Clean the spinach by filling up your sink with water and soaking the spinach to loosen any sand or dirt. Drain the spinach and then repeat soaking and draining.*

**Prep time:** 15 minutes    **Cook time:** 15 minutes    **Yield:** Serves 4

## INGREDIENTS

- 1 pound fresh spinach, about 2 large bunches, thoroughly cleaned
- 3 to 4 strips of bacon, uncooked, finely chopped
- 1 medium onion, finely chopped
- 1 clove garlic, finely chopped (about 1 teaspoon)
- A pinch of nutmeg
- Salt and pepper to taste

*For the béchamel cream sauce:*

- 2 tablespoons butter
- 2 tablespoons all-purpose flour
- 1 cup whole milk

## METHOD

**1 Blanch and chop the spinach:** Blanch the spinach in a pot of boiling water until the spinach is wilted, about 30 seconds to 2 minutes. Drain and rinse in cold water to stop the spinach from cooking further.

Squeeze the spinach to remove all the moisture possible. Chop the spinach and set aside.

**2 Sauté the bacon, onions, garlic:** Heat a large skillet on medium high. Add the chopped bacon and sauté until the bacon begins to render some of its fat.

Add the chopped onion and garlic. Sauté until onions are translucent.

**3 Make the béchamel sauce:** Melt the butter in a small saucepan on medium/low heat until it just starts to bubble. Add the flour and cook, stirring until smooth, about 2 minutes.

Slowly add the milk, whisking continuously, cooking until thick.

**4 Finish the dish and serve:** Combine spinach, bacon and onion mixture, and béchamel sauce into one pan. Add nutmeg, salt, and pepper to taste. Bring to a simmer, remove from heat and serve.

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