

COLORFUL CREAMED SPINACH PAREVE



INGREDIENTS

- 2 pkgs Chopped Spinach (defrosted)
- 2 Red peppers (large) (seeded) (chopped)
- 2 Onions (large) (chopped)
- 3 T Garlic extra virgin olive oil
- 3 T Quinoa Flour (will need another T if using Almond or Soy milk)
- Mimic Crème Unsweetened Almond & Cashew **OR** Almond **OR** Soy Milk
- Imagine vegetable broth **OR** Trader Joe's vegetable broth as needed
- Non-stick cooking spray
- Garlic Powder
- Salt to taste

COOKING INSTRUCTIONS

- 1 Squeeze water out of chopped spinach
- 2 Sray a large saute pan with non-stick cooking spray & brown onions & peppers on medium -high heat tossing every couple of minutes to make sure they don't burn
- 3 In a 3 qt. pot you make a roux by mixing the olive oil & quina flour at medium heat
- 4 When mixed well, add a little of the crème **OR** almond **OR** soy milk with an addition of 1T of flour
- 5 Mix slowly until the mix thickens & then add a little of the vegetable broth
- 6 Again mix slowly until the mix thickens
- 7 You repeat instructions # 4, 5 & 6 a couple of times until you're satisfied that you have enough of the creamy blend
- 8 Add the spinach to the mix using a fork to make sure it separates the spinach
- 9 Add the onions, peppers, garlic powder & mix thoroughly and adding salt to your taste
- 10 Cook for 10 minutes

NOTE

- 1 If you have a seasoned vinegarettte using olive oil, you could use this instead of garlic olive oil
- 2 This will stay for at least a week in your refrigerator



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