

Boston Chicken Creamed Spinach

Categories: Copycat, Vegetables

Yield: 4 servings

-patdwigans fwds07a

1 tb Flour

4 tb Butter, margarine or canola

-oil

1/2 ts Garlic salt

Salt and pepper

20 oz Frozen chopped spinach; cook

-and drain

1 sm Onion; diced

In a saucepan, on medium heat, stir together with wire whisk soup, flour, butter, garlic salt, salt and pepper until smooth and piping hot. Combine with spinach and onion. (MY NOTE:I'd substitute fresh minced garlic for the garlic salt).