

Creamed Spinach for 4-6



What?

Frozen Spinach : 1 bag
Red Onions : ½ cup chopped
Oil : 1 tbsp
Vegan cream cheese : ¾ cup
Salt, pepper

How?

1. Thaw 1 bag of frozen spinach in microwave by heating for 5 mins, stirring and heating again for 5 mins
2. While it is thawing dice ½ cup of red onions and saute in 1 tbsp oil on stove for 5 mins on medium heat
3. Turn heat to low and sprinkle salt and pepper into the oil
4. Pour in cooked spinach and mix gently
5. Add 1 container of vegan cream cheese to the spinach, turn off heat
6. Mix well on stove for 3 mins till creamy and soft and transfer to serving bowl