THE J.M. SMUCKER Co

# Creamy Spinach Shrimp Dinner

| Prep Time | Cook Time | Serves | Difficulty |
|---|---|---|---|
| 15 mins | 20 mins | 6 | N/A |

## Ingredients

- 2 tbsp (30 mL) Canola or Vegetable Oil
- 1 lb (500 g) raw shrimp, peeled and deveined
- 1 cup (250 mL) mushrooms, sliced
- 1 onion, chopped
- 1 clove garlic, chopped
- salt and pepper to taste
- 3 tbsp (45 mL) **Robin Hood®** All Purpose Flour
- 1 can (354 mL) **Carnation®** Regular, 2% or Fat Free Evaporated Milk

  Fat Free Evaporated Skim Milk

- 1 cup (250 mL) chicken broth
- 6 cups (1.5 L) baby spinach
- 2 cups (500 mL) Mozzarella cheese, shredded

## Directions

**Step 1:**

Heat oil in a large deep skillet or Dutch oven over medium heat. Add shrimp and cook until starting to turn pink, about 3-5 minutes. Remove from pan and set aside.

**Step 2:**

Add mushrooms, onion, garlic, salt and pepper to hot pan and cook 3-5 minutes or until vegetables are tender. Sprinkle with flour and cook 2-3 minutes.

**Step 3:**

Stir in evaporated milk and chicken broth. Bring to a boil over medium heat. Reduce heat, simmer uncovered for 2 minutes. Stir in shrimp, spinach and cheese; cook for 1-2 minutes or until shrimp is fully cooked, spinach is wilted and cheese is melted. Serve with your favourite rice.

Replace shrimp with pre-cooked chicken or sliced sweet Italian sausage.

## Images

