



## Spinach Artichoke Dip

### Ingredients:

¼ cup	Onion, diced
3 clove	Garlic, chopped
¼ cup	Butter
½ cup	Flour
1 pint	Cream
2 cups	Milk
12 oz.	Artichokes, rough chopped
1 cup	Frozen Spinach – defrosted, well drained and chopped
8 oz.	Sour Cream
2 cups	Mozzarella Cheese, shredded
1 cup	Parmesan Cheese, grated

### Directions:

Sauté onion and garlic in butter over medium heat. Do not brown. When translucent, add flour to make a roux. Do not brown. Add cream and milk and stir till mixture comes to a boil. Stir constantly to prevent scorching. Cook till flour taste is gone; about 10-15 minutes. Add artichoke, spinach and sour cream. Take off heat and stir in cheeses till melted.

