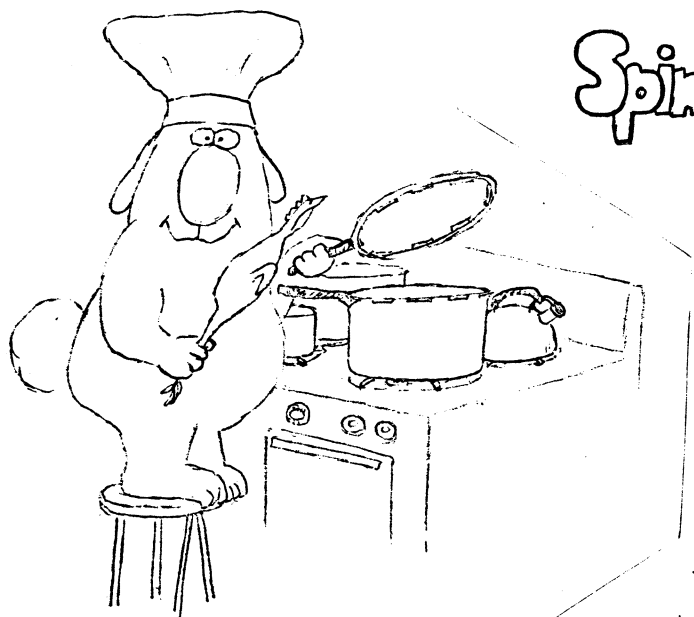


Spinach Chicken Glop



One night, not unlike any other night, the dr. bob cooking team came home from work and guess what. No meat out of the freezer. So we said Big Deal. We're not gonna let a little frozen meet get the best of us. We'll just pop those little suckers into the pressure cooker for 15 minutes. Which we did. Two chicken legs with thighs. And then dumped an 8oz package of fresh spinach in a big pot with a little boiling water. After rinsing it.

Like the package said. And grated a little onion up and sautéed it in a couple tablespoons of butter (margarine). After a

while, when we realized there wasn't enough butter (margarine) and those little onion pieces were screamin' for help, we threw in some rice (1 cup) and doused it with cheap white wine (dry) while 3 cups of hot water got to boilin' in the teapot. (This saves time.) When it was ready we dumped 2½ cups into the rice with some salt and let it simmer covered for 20 minutes. Meanwhile we drained the spinach and chopped it up good and then slapped it into a fryin' pan with a little hunk of butter (margarine). And hit it with nutmeg (generous) salt & pepper and let that go on low for a while. Meanwhile we threw a can of mushroomy cream of chicken soup into a pot to heat up with a quarter cup of milk. Or was it chickeny cream of mushroom? Finding the situation well under control, we grated up a cup or so of jack cheese we found loafing around the fridge. And then a little fresh parmigiano we had flown in from Rome. (That's parmesan for you hardcore Americans.). Then the chicken admitted defeat and we cooled down the pressure cooker and hit it with some cold water and poked into the meat a bit with our fingers to let the water get inside and cool it down enough so we could wrig it all off the bones by hand and then chop it up into little pieces. Just to make sure it was dead we drowned it in the hot soup. We saved some of the chicken liquid for future use and gave the spinach a shot of it for good measure. Finally the rice was done (still moist) so we dumped it into a big casserole dish, scattered some jack cheese over it then the spinach then the rest of the jack and then the drowned chicken soup and sprinkled parmigiano over the top and popped it into the oven (400°) for 15 minutes maybe 20. Serves 4 hungry people. More with salad and a good dessert. Oh yeah. There will be lots of stuff to wash afterwards. Stick somebody else with this part if possible.

Handy ingredient list

some chicken, like 2 legs with thighs attached
or a pair of good lookin' breasts

1 8oz package fresh spinach

1 can creamy chicken of mushroom soup

1 little onion

a hunk of jack or cheddar cheese

a bit of parmigiano

a douse of cheap white wine (dry)

hardly any milk

no bananas