



early childhood community development centre

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## Quick Mac & Cheese

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*Ingredients - makes 8-12 servings*

- 2 cups dry macaroni
- 4 Tbsp margarine (non-hydrogenated)
- 4 Tbsp flour
- ½ tsp dry mustard
- 2 cups milk
- 2 cups Cheddar cheese, grated salt & pepper

*Directions*

1. Cook macaroni according to package directions; drain and set aside.
2. Meanwhile, melt margarine in a medium saucepan at medium heat on the stove. Stir in flour and mustard to make a paste.
3. Add milk slowly, stirring all the time. Cook and stir until mixture boils and thickens.
4. Lower the heat on the stove and add cheese to the mixture. Stir until cheese is melted and sauce is smooth.
5. Add the drained macaroni and mix gently. Stir over low heat until mixture is hot. Add salt & pepper to taste.

Source: The Basic Shelf Cookbook (1994), City of York Health Unit

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