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▶▶ June 2014 ◀◀

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Baked Macaroni and Cheese

- 3 Tbsp butter
- 3 Tbsp flour
- 2 Cups milk, hot (not boiling)
- 1 1/4 Cups grated American cheese
- 1 1/4 Cups grated sharp cheddar cheese (for different variation, try using Monterrey Jack cheese or adding 1/2 cup jalapeno slices)
- Salt
- 1 Lb elbow macaroni

- 1) Grease or spray with non-stick cooking spray a casserole dish.
- 2) Melt butter in medium saucepan.
- 3) When melted, add flour, stirring constantly for about 1 minute (until butter is absorbed).
- 4) Whisk in hot milk, cook for 3 minutes (stirring constantly).
- 5) Add 1 cup each of the cheeses, and stir until smooth.
- 6) Cook macaroni, drain, rinse under cold water, and drain again.
- 7) Combine everything together and pour into casserole dish.
- 8) Sprinkle the rest of the cheese on top, and bake at 400F for 20 minutes.

Makes 6 Servings

