SIMPLE MAC N' CHEESE

INGREDIENTS:

- 1 (8 ounce) box elbow macaroni
- ¼ cup butter
- ¼ cup all-purpose flour
- ½ teaspoon salt
- ground black pepper to taste
- 2 cups milk
- 2 cups shredded Cheddar cheese

DIRECTIONS:

1. Bring a large pot of lightly salted water to a boil. Cook elbow macaroni in boiling water, stirring occasionally until cooked through but firm to the bite, 8 minutes.
2. At the same time, melt butter in a saucepan over medium heat.
3. Add flour, salt, and pepper and stir until smooth, about 5 minutes.
4. Pour in milk slowly, while stirring continuously. Continue to cook and stir until mixture is smooth and bubbling, about 5 minutes, making sure the milk does not burn.
5. Add Cheddar cheese and stir until melted, 2 to 4 minutes.
6. Drain macaroni and fold into cheese sauce until coated.
7. Serve hot and enjoy!

NOTES:

- The recipe creator noted that you can add an extra ½ cup of cheese without ruining the recipe.

BALANCING MEAL IDEAS:

- Add protein options into Mac N Cheese, such as: diced chicken, diced ham, sliced hot dogs, etc....
- Add vegetables into Mac N Cheese, such as: cooked broccoli, cooked cauliflower, cooked spinach, etc....
- Add your favorite side salad
- Eat your favorite fruit as a side

Reference: https://www.allrecipes.com/recipe/238691/simple-macaroni-and-cheese/