

Safe at Home Manitoba – Safe Inside Your Walls
Presenter – Laurie Ouwehand – Cooking School

Macaroni & Cheese – serves 6-8

16 oz / 450 grams of elbow macaroni
½ cup butter
¼ -1/3 cup flour
1 tsp salt
½ tsp pepper
2 ½ cups cream (10% or higher fat content)
2 cups shredded cheese (mozzarella, cheddar, gouda, etc.)
1 can cheese soup (undiluted)
1 tsp garlic powder
1 tsp onion powder

Cook macaroni according to directions (do not overcook), drain, rinse with cold water to stop the cooking process & toss with olive oil to prevent sticking.

In large pot, melt butter on low heat, add spices & ¼ c. flour, stirring constantly.

Add soup and cream. Stir well and add shredded cheese. When cheese mixture is hot, add macaroni & bring back to heat.

Can be baked in oven for 15 minutes & serve with tossed salad.