Easy Mac and Cheese

Prep time: 5 minutes  
Cook time: 15 minutes  
Total time: 20 minutes  
Makes 8 servings

Ingredients:
- 2 tablespoons butter
- 2 tablespoons flour
- 3 cups water
- 4 cups milk
- 1-pound uncooked pasta
- 1/2 cup shredded Parmesan cheese
- 1 teaspoon Kosher salt
- 1/2 teaspoon garlic powder
- 1/4 teaspoon ground mustard
- 4–5 cups freshly-shredded sharp cheddar cheese

Instructions:

1. In a lard stockpot over medium heat, melt the butter. Next, stir the flour into the butter and allow to cook for 1 minute while occasionally stirring.
2. Pour in 1 cup of water and stir the mixture until it is smooth and starts to thicken. Then gradually stir in the remaining water and milk until evenly combined.
3. Stir in the pasta, garlic powder and ground mustard.
4. Continue cooking and stirring until the mixture begins to simmer. Reduce the heat to medium-low and continue to cook (with an occasional stir) for 9 to 10 minutes until the pasta is finished.
5. Remove the pasta from the heat and stir in the cheese until it melts. Add salt and pepper as needed.
6. Time to serve your mac and cheese!

Share your Mac and Cheese with Southern Food and Beverage Museum at jennie@southernfood.org!

Mac and Cheese Activity

Find the ingredients used in Mac and Cheese:

Butter          Cheddar          Flour
Garlic Powder   Milk            Parmesan
Pasta           Salt            Water
Mac and Cheese Exit Activity

1. What were the first two ingredients you mixed in the pot?

2. What was your favorite part of making this recipe?

3. What other pasta recipes can you think of also use different cheese?

4. Who did you share your mac and cheese with? Draw a picture of everyone once you write the list!