

#QUARANTINE KITCHEN

Budget-Friendly Recipes
Using Canned & Dry Foods

Mac & Cheese *(Makes 4 servings.)*

Ingredients

- $\frac{2}{3}$ c. uncooked elbow macaroni
- $\frac{2}{3}$ c. shredded cheddar cheese
- 1 Tbsp. plus 1 tsp. flour
- Dash of pepper
- $\frac{2}{3}$ c. of milk
- $\frac{2}{3}$ c. cooked chopped broccoli

Directions:

1. Cook macaroni, following instruction on package.
2. Drain the cooked macaroni and return to the pan.
3. While the macaroni is still warm, sprinkle the flour and stir thoroughly.
4. Over medium heat, slowly stir the milk into the macaroni.
5. Add cheese and pepper.
6. Stir over medium heat until the milk and cheese thicken into a creamy sauce, approximately 7 to 10 minutes.
7. Stir in the broccoli, heat thoroughly.
8. Taste; then add small amount of salt if needed.

Nutrition info: Serving size: 1/2 cup, Calories: 210, Total Fat: 8 g, Saturated Fat: 4.5 g, Cholesterol: 25 mg, Sodium: 170 mg, Total Carbohydrate: 24 g, Dietary Fiber: 3 g, Sugars: 3 g, Protein: 10 g.

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