



## Five Ingredient Mac and Cheese

### Ingredients:

- **½ Pound (8 oz)** Elbow Macaroni
- **5 oz** Shredded Sharp Cheddar Cheese
- **1 Tbsp** butter
- **1 Tbsp** flour
- **1 Cup** Milk
- **2 1/3 cups** water
- Nutmeg
- Salt
- pepper

### Instructions:

1. Melt butter in a large pot over medium heat. Stir in the flour and cook until the mixture is thickened and slightly gold in color.
2. Mix in half of the milk. Once thickened, add the remaining milk, and water, and bring to a simmer.
3. Once it is simmering, add your pasta and a pinch of salt. Let the macaroni cook for 8 to 10 minutes.
4. Remove the macaroni from the heat and stir in your cheddar cheese until it is completely melted and creamy. Season with salt, pepper, and nutmeg to taste.
5. Serve and enjoy!