

The Best Alfredo Sauce Ever

One of Hope's favorite dishes is spaghetti alfredo. She orders this often if we dine out. I absolutely love alfredo sauce, but indulge only occasionally since it is pretty rich. This is THE BEST recipe I've found so far. And it is NO surprise that my friend Karen gets credit for this one. Not only is it delicious, but it is also quick and easy. Thanks for sharing Karen!

Stock up on some butter and cream and parmesan cheese. You are going to need this sauce for the upcoming chicken lasagna and our Friday night pizza party. Of course you can always serve this over your favorite noodles for a quick, filling dinner. It is very, very important to know how to make alfredo sauce. 😊



(I like to use organic dairy whenever I can afford the products. But you could certainly use conventional dairy products as well.)

- 1 16 oz carton of organic heavy cream
- 1 stick or organic butter
- 2 Tablespoons organic cream cheese
- ½ - ¾ cup Parmesan or Parmesan Romano cheese
- 1 teaspoon garlic powder



In a saucepan, combine butter, heavy cream, and cream cheese.

Wisk and simmer until these ingredients are melted and mixed well. Add the Parmesan cheese and the garlic powder. Simmer for 15-20 on low. Add salt and/or pepper to suit your taste buds.

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