

Mac-N-Cheesy

I've been to many a church pot luck dinner in my life here in the South. There would always be an assortment of Mac-N-Cheese from the instant packaged Mac to someone's Granny's made-from-scratch Mac. Kraft Instant Macaroni and Cheese couldn't hold a candle to the home made goods. Here's a recipe that will rival your Granny's and is sure to please all the Mac-N-Cheese lovers out there. Serve it up as a side dish or let it stand alone as a complete meal. Either way – it's a winner!

- 16 oz elbow macaroni
- ½ stick real butter
- 4 Tablespoons plain white flour
- 2 ½ cups whole milk
- 2 teaspoons dried mustard
- 1 pound grated cheddar cheese (or 8 oz cheddar, 8 oz Velveeta cubes)
- ½ teaspoon salt
- ½ teaspoon Lowry's seasoning salt
- ½ teaspoon black pepper
- Crushed Cheese-Its (optional)



Cook 1 16oz package of elbow macaroni noodles until AL DENTE. Since the noodles will get another cooking in the oven, they need to be somewhat firm after the boiling. 5 minutes of boiling should do the trick. Then rinse and drain noodles.

In a large skillet prepare the sauce. Add ½ stick real butter, melt over medium heat, then add and 4 Tablespoons plain flour. Whisk flour and butter constantly for a couple of minutes until flour and butter are well combined, being careful not to burn the mixture. Then add 2 ½ cups whole milk and 2 teaspoons dry mustard. Continue to whisk constantly for a few minutes, until mixture starts to thicken. Then add a pound of grated cheddar cheese – minus ½ cup for garnish – to the thickened milk mixture. Whisk another minute or two until cheese is melted. Add ½ teaspoon salt, ½ teaspoon seasoning salt, and black pepper to suit your taste. Place noodles in a large greased 2 quart casserole dish, or a greased 9x13 dish. Pour cheese mixture over cooked noodles. Garnish with cheddar cheese and/or some crushed Cheese-Its. Bake Mac-N-Cheese at 425 degrees for 15-20 minutes, or until cheese is golden brown. YUM!

I don't always cook this in the oven if I am in a hurry. I just make sure the noodles are perfectly done, and pour the cheese sauce over them.