



Southern Roots Cookbook
RECIPE CARD

Mac & Cheese



INGREDIENTS LIST

- Elbow Macaroni: 1 pound
- Milk: 1 cup
- Sour Cream: 2 cups
- Cheddar Cheese: 2 pounds
- White Cheddar Cheese (block cheese): 1 pound
- Salt: 2 tablespoons
- Olive oil: 2 tablespoons
- Seasoning Salt
- Butter: about 4 pads

COOKING DIRECTIONS

1. Place block cheese in the freezer for 15 minutes
2. Grate block cheese and set aside
3. Boil elbow macaroni in 4 quarts of water with 2 tbsp of salt and 2 tbsp of olive oil till al dente (do not overcook the noodles because you are going to bake the dish at the end)
4. Drain macaroni and rinse with cold water to stop the cooking process.
5. Season (seasoning salt) and butter the noodles macaroni
6. Combine macaroni, sour cream, milk, and cheese in a bowl and transfer to a 5x8 baking dish. Save some cheese to sprinkle on top.
7. Cook in a pre-heated 375 F oven for 25 to 30 minutes and enjoy.

Note: You can add as many different cheeses as you like to this recipe! Just make sure it is a good melting cheese. You can substitute the butter, milk, and sour cream with plant-base alternatives. For this method I recommend adding nutritional yeast to ensure that creamy cheesy flavor.



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