



Adult Macaroni & Cheese

Adapted from Joyous Apron/MinShien

Cooking & Financial Tips

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| <ol style="list-style-type: none">1. Stay with your pot on the stove - be patient!2. Monitor the roux, so it doesn't burn.3. Substitute different forms of milk/cream to make it lighter or richer according to your taste. | <ol style="list-style-type: none">1. Monitor your credit score & investments to make sure they are performing.2. Don't overdue different investments (e.g., # of stocks)3. Don't overcomplicate your finances. Keep it simple! |
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Ingredients

- 8 oz medium shells
- 4 TBSP butter
- 2 TBSP flour
- 1-1/2 cups heavy cream (or milk)
- 1/2 tsp garlic powder
- 1 tsp salt
- 1/4 lbs sharp white cheddar cheese
- 6 slices deluxe American cheese
- fresh parsley (optional)

Preparation

Shred white cheddar cheese or cut into small pieces. In a pot bring water to a boil and add shells. Cook according to package instructions. Once pasta is cooked, drain water and set aside.

Heat a separate pot. Add butter and once butter is melted (do not brown butter), add flour. Use a whisk to combine butter and flour (note: whisk is used to dissolve flour in the mixture). Add heavy cream, garlic powder, and salt to the pot. Bring to a boil while whisking and stirring constantly. Once mixture reaches boiling point, continue stirring using whisk and let it boil for another 1-2 minutes or until mixture is smooth.

Lower heat to medium low and add shredded cheddar/white cheddar and slices of American cheese. Stir until cheese is melted and the sauce is smooth. Remove from heat.

Combine pasta and cheese mixture and toss to coat evenly. Optional: if sauce is too thick, add a tablespoon of milk, heat it on low and stir. Repeat until you get it to the consistency you desire. If sauce is too thin, heat on low and continue to stir and cook until sauce thickens to your desired consistency. Sprinkle with fresh parsley, if desired. Serve and enjoy!