

Cheese Sauce
for Mac n' Cheese
from *Cathy's Kitchen*

2 Tablespoons corn oil*
3 Tablespoons all-purpose flour
1 cup milk
1 cup chicken broth
8 ounce block sharp cheddar
cheese shredded
½ teaspoon salt
¼ teaspoon garlic powder
2 Tablespoons Texas Pete
Elbow macaroni



Instructions:

Start off by making roux (it's like gravy). Heat the oil, then add the flour stir until flour looks pebbly in size, then pour in your liquids slowly. Continue stirring until it thickens; add spices and Texas Pete give it. One more quick whisk and add shredded cheese to mixture. Stir until melted. Add 4-cups of cooked elbow macaroni to cheese sauce, incorporate well and serve. Enjoy!

*The original recipes called for butter. I have learned corn oil works well with most recipes, since we're cutting back on hydrogenated oils.

My version is comprised of a combination of two different recipes. Below are site links which I used to come up with my recipe.

https://www.rachaelrayshow.com/recipes/23632_basic_cheese_sauce_for_mac_n_cheese

<https://cheeseknees.com/homemade-mac-and-cheese-sauce-recipe/>