

Broccoli Mac 'n' Cheese



INGREDIENTS:

- 2 cups dry pasta such as medium shells, bowties, or elbow macaroni
- 1 head broccoli
- 2 Tablespoons butter
- 2 Tablespoons flour
- 1 cup milk (1 carton school milk = 1 cup)
- 2 cups grated cheese (such as cheddar)
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 1 teaspoon dry parsley
- Salt and pepper to taste

DIRECTIONS:

1. Bring a large saucepan of water to a boil and cook pasta according to package instructions. Cut the broccoli into about 1 inch florets (peel the stem and toss it in too!) and add to the boiling pasta for the last 2-3 minutes of cooking time. Drain all together into colander when pasta is al dente.
2. Return saucepan to stove over medium-low heat and add the butter to melt.
3. Add flour and whisk to blend with melted butter. Cook for about 1-2 minutes. Add milk, stirring continuously.
4. When milk is warm through and beginning to thicken, add grated cheese, spices, salt and pepper.
5. Add the pasta and broccoli back to the pan and stir to evenly coat with sauce. Taste and adjust seasoning.

Optional: Transfer to oven-safe dish. Top with a sprinkle of grated cheese and bake in oven at 350° F until cheese is bubbling.

RECIPE KIT NOTES:

SMALL KITS received 2 cups cheddar cheese and 2 cups pasta. LARGE KITS contain 4 cups cheddar cheese and 4 cups pasta.

Bowtie pasta takes 11 minutes to cook, and you should add the broccoli 8 minutes after you add the pasta to the boiling water, let the pasta and the broccoli cook for 3 more minutes, and then drain them together.

HOW TO VIDEO: <https://youtu.be/4oPaAbE-XQc>