

## **Medium White Sauce**

**4 tablespoons butter or margarine**

**4 tablespoons flour**

**1 teaspoon salt**

**1/4 teaspoon pepper**

**2 cups milk**

Melt butter over low heat; add flour, salt and pepper; stir until blended. Remove from heat.

Gradually stir in milk and return to heat. Cook, stirring constantly, until thick and smooth. To shorten cooking time milk may be heated separately.

Yield: 2 Cups

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Per Serving (excluding unknown items): 821 Calories; 63g Fat (67.8% calories from fat); 20g Protein; 47g Carbohydrate; 1g Dietary Fiber; 191mg Cholesterol; 2840mg Sodium. Exchanges: 1 1/2 Grain(Starch); 2 Non-Fat Milk; 12 Fat.