

Mac and Cheese with Sausage Meatballs

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Servings: 4

Kosher salt

12 ounces cavatappi or other corkscrew pasta

1 cup cheese crackers, crushed

2 1/4 cups whole milk

10 ounces bulk sweet Italian sausage

3 tablespoons Parmesan cheese, grated

2 tablespoons all-purpose flour

8 ounces sharp cheddar cheese, shredded

2 ounces processed cheese (Velveeta), cut into 1/2-inch pieces

1/2 teaspoon Dijon mustard

Preparation Time: 35 minutes

Preheat the oven to 425 degrees.

Line a baking sheet with parchment paper. Set aside.

Bring a large pot of salted water to a boil. Add the pasta and cook as the label directs for al dente. Reserve 1/2 cup of the cooking water, then drain. Reserve the pot.

Meanwhile, in a medium bowl, combine 1/2 cup of the crushed cheese crackers and 1/4 cup of milk. Let sit until slightly softened, about 10 minutes.

Add the sausage and two tablespoons of Parmesan. Mix well to combine. Form the sausage mixture into one-inch meatballs (about 28). Arrange on the prepared pan.

Bake until golden and cooked through, 6 to 8 minutes.

Add the flour and the remaining two cups of milk to the reserved pot. Whisk until smooth. Bring to a simmer over medium-high heat. Cook, whisking until slightly thickened, 8 to 10 minutes.

Remove from the heat. Add the cheddar and processed cheese. Stir until smooth. Stir in 3/4 teaspoon of salt and the mustard.

Add the pasta and 1/4 cup of the reserved cooking water to the cheese sauce. Stir to coat. Add the meatballs. Stir to coat. Thin with the remaining 1/4 cup of cooking water, one tablespoon at a time, if needed.

In a small bowl, combine the remaining 1/2 cup of crushed cheese crackers and one tablespoon of Parmesan. Divide the mac and cheese among bowls. Sprinkle with the cracker mixture.

Per Serving (excluding unknown items): 642 Calories; 39g Fat (55.5% calories from fat); 27g Protein; 45g Carbohydrate; 1g Dietary Fiber; 89mg Cholesterol; 1085mg Sodium. Exchanges: 2 Grain(Starch); 2 Lean Meat; 1/2 Non-Fat Milk; 18 Fat; 0 Other Carbohydrates.