

Macaroni and Cheese

Nancy Field

Favorite Recipes - Sacred Heart School - Easthampton, MA (1984)

Yield: 6 to 8 servings

8 ounces elbow macaroni
3 tablespoons butter or
margarine
2 tablespoons flour
1 teaspoon salt
1 teaspoon pepper
2 cups milk
2 cups grated cheddar
cheese
1 tablespoon grated onion
1/2 teaspoon dry mustard
1 teaspoon Worcestershire
sauce
1/2 cup buttered bread
crumbs

Preheat the oven to 375 degrees.

Cook the elbow macaroni according to package directions. Drain.

In a saucepan, melt the butter. Blend in the flour, salt and pepper. Add the milk. Cook over low heat until smooth and thickened, stirring constantly.

Add the cheese, onion, mustard and Worcestershire sauce. Continue to cook until the cheese melts. Add the elbow macaroni.

Turn the mixture into a greased two quart casserole dish. Top with the bread crumbs.

Bake for about 25 minutes until browned.

Per Serving (excluding unknown items): 2433 Calories; 130g Fat (48.2% calories from fat); 10g Protein; 210g Carbohydrate; Dietary Fiber; 397mg Cholesterol; 4196mg Sodium. Exchanges: Grain(Starch); 8 Lean Meat; 1 Vegetable; 2 Non-Fat Milk; 20 Other Carbohydrates.