

Side Dish

Mom's Macaroni and Cheese

Betty Crocker Best-Loved Casseroles

Servings: 5

Preparation Time: 10 minutes

Start to Finish Time: 40 minutes

Use American cheese in this recipe because it melts better than Cheddar and won't curdle during cooking.

1 1/2 cups (5 oz) elbow macaroni, uncooked

2 tablespoons butter

1 small (1/4 cup) onion, chopped

1/2 teaspoon salt

1/4 teaspoon pepper

1/4 cup all-purpose flour

1 3/4 cups milk

6 ounces American cheese loaf (Velveeta), cut into 1/2-inch cubes

Preheat oven to 375 degrees.

Cook and drain macaroni as directed on package, using minimum cook time.

In a 2-quart saucepan, melt the butter over medium heat. Cook the onion, salt and pepper in the butter, stirring occasionally, until onion is crisp-tender.

In a small bowl, mix the flour and milk until smooth; stir into the onion mixture. Heat to boiling, stirring constantly. Boil and stir for 1 minute; remove from the heat.

Stir in the cheese until melted. stir in the macaroni.

Spoon the mixture into an ungreased 1 1/2-quart casserole.

Bake, uncovered, for about 30 minutes or until bubbly and light brown.

Per Serving (excluding unknown items): 188 Calories; 8g Fat (37.4% calories from fat); 6g Protein; 23g Carbohydrate; 1g Dietary Fiber; 24mg Cholesterol; 304mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Vegetable; 1/2 Non-Fat Milk; 1 1/2 Fat.