

# Southern-Style Mac and Cheese

Kardea Brown  
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## Servings: 8

*1 pound elbow macaroni  
1/4 cup unsalted butter  
1/4 cup all-purpose flour  
2 cups milk  
1/2 cup heavy cream  
1 block (16 ounce) sharp  
cheddar cheese, shredded  
and divided  
4 ounces cream cheese  
1/2 teaspoon Kosher salt  
1/4 teaspoon freshly ground  
black pepper  
1 teaspoon granulated  
garlic  
2 large eggs  
1/2 cup sour cream  
1 1/2 cups extra sharp  
cheddar cheese, cut into  
chunks*

## Preparation Time: 45 minutes

### Cook Time: 1 hour

Preheat the oven to 350 degrees. Grease a 9x13-inch baking dish with unsalted butter.

Bring a large pot of water to a boil. Add the macaroni and cook until al dente, about 7 minutes. Strain in a colander. Run cold water over the noodles then set aside.

In the same pot that the pasta was cooked in, melt the butter over medium heat. Add the flour and whisk until smooth. Slowly add the milk while whisking. Add the heavy cream. Bring to a simmer. Stir in the shredded cheese (reserving 1/2 cup for the top) and cream cheese until melted. Season with salt, pepper and granulated garlic powder. Remove the cheese sauce from the heat and stir in the macaroni. Taste and season with salt and pepper.

In a separate bowl, whisk the egg together with the sour cream. Fold into the macaroni and cheese. Spread the mixture into the prepared baking dish. Fold in the cheese cubes and top with the remaining shredded cheddar cheese.

Bake for 20 minutes uncovered or until the top starts to turn slightly golden-brown. Loosely cover with foil and bake for an additional 10 to 15 minutes.

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Per Serving (excluding unknown items): 522 Calories; 28g Fat (48.6% calories from fat); 17g Protein; 50g Carbohydrate; 1g Dietary Fiber; 134mg Cholesterol; 313mg Sodium. Exchanges: 3 Grain(Starch); 1 Lean Meat; 1/2 Non-Fat Milk; 5 Fat.