

Mac & Cheese
10 - Four Person Meals

PRINT *Enlarged Assembly Directions on page 3 and
Other Meal Recipes, Assembly Directions, Assembly Layouts*

This recipe is for Mac & Cheese being a 4 person Main dish.

Mac & Cheese Food Items Shopping List:

- 8 lbs. Elbow Macaroni
- 8 lbs. Velveeta Cheese
- 1 1/2 pounds butter
- 2 cups flour
- 5 quarts 2% milk
- 8 tsp. salt
- 4 tsp. pepper
- 4 large packages (16 oz.) Shredded Cheddar cheese

Mac & Cheese Packaging Items Shopping List:

- 20 foil Pans with lids (have more on hand)
- 10 Jumbo 2 gallon Freezer Zip lock bags - for meals (have more one hand)
- Labels: 1 sheet of 10 per page for a total of 10 Mac & Cheese Labels (have more on hand)
- Labels: 1 sheet of 10 per page for a total of 10 Meal Labels (have more on hand)
- 10 Prayer Cards (have more on hand)
- 10 Reply Cards (have more on hand)

Mac & Cheese Utensils Needed:

Preparation:

- Thick pot holders
- Large pot for cooking macaroni
- Colander
- Large heavy duty pot to make cheese sauce
- Whisk for blending cheese sauce
- Bowl to melt butter
- 2 cup measuring cup for flour
- 1 tsp. for salt and pepper

Assembly:

- Medium bowl for grated cheese
- 1 cup measuring cup
- ½ cup measuring cup for cheese
- Disinfecting Wipes
- Disposable Gloves
- Tape
- Scissors

Mac & Cheese Kitchen Prep:

- Boil liquid in large pots for all items in recipe needing boiling liquid. Start this as early as possible since it greatly impacts length of cook session!
- Macaroni Prep
 1. Cook macaroni in boiling water (very Al Dente).
 2. Drain Pasta in colander, very well.
 3. Rinse and set aside.
- Cheese Mixture Prep
 1. Melt butter and add flour, salt and pepper.
 2. Cook on medium heat
 3. Be very careful to not let bottom of pan burn
 4. Slowly blend in milk with wire whisk,. Don't put in all the milk at one time.
Check consistency while adding. It may not take all the milk. STIR
CONSTANTLY to prevent burning and until smooth.
 5. Add Velveeta cheese, stir until well blended
 6. Pour over macaroni, mix gently.

Mac & Cheese Assembly:

1. Fill pan with 4 cups Macaroni & Cheese mixture
2. Sprinkle with 1/2 cup shredded Cheddar cheese
3. Add lid making sure edges of pan are clean
4. Apply Mac & Cheese Label

Mac & Cheese:

1. Fill pan with 4 cups Mac & Cheese mixture

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2. Sprinkle with 1/2 cup grated cheddar cheese

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3. Add lid making sure edges of pan are clean

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4. Apply Mac & Cheese Label

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