

Velvety Smooth Cheese Sauce

Description

A great sauce for cooked veggies! Use a french whisk for best results.

Ingredients

- 2 tbsp margarine
- 1/2 tbsp flour
- 1/2 tsp salt
- pinch pepper
- 1 cup milk
- 3/4 cup grated cheddar cheese

Instructions

Melt margarine in saucepan over low heat. Remove from heat. Add flour, salt and pepper. Stir until smooth (this is called a roux paste). Add milk slowly, stirring constantly to a smooth mixture. Place over simmering water (Auntie M doesn't do this!). Cook, stirring frequently for 10 minutes or until thickened. Stir in grated cheese. Remove from heat. Makes 1-2 cups of sauce.

Summary

Yield: 4

Source: Auntie Marilyn

Prep Time: 15 minutes

Category: Sauces