



# Mac n Cheese, Peas (and Broccoli)

NIBBLEDISH CONTRIBUTOR

## Ingredients

4 C textured pasta like penne, rigatoni, spirals, etc.  
1 C Shredded cheddar and mozzarella cheese  
1 C American cheese slices, cut up  
1/2 C milk  
1/4 stick butter  
1/4 scant C of flour  
1 C fresh broccoli  
1/2 C frozen peas  
red pepper flakes to taste  
black pepper to taste  
salt to taste

## Tools

1 large saucepan  
1 saucepan for steaming  
wooden spoon  
strainer

## Instructions

1. Boil your pasta al dente and drain
  2. Meanwhile, steam the broccoli and peas until tender.
  3. In the same pot, at medium low heat add butter. Sprinkle in flour slowly while stirring
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to create a thin paste. Add milk slowly while stirring.

4. Stir in half of the cheese mixture until a velvety ruc is created. Next add the seasonings.

5. Stir in half of the pasta until covered. Add the remaining cheese, then the remaining pasta, and finally the steamed vegetables.