

2 – 9" x 5" aluminum trays

Make Ahead Mac and Cheese Recipe

Course: Main Course, Side Dish

Cuisine: American

Servings: 4



Ingredients

<ul style="list-style-type: none">• 8 oz. cheddar cheese shredded• 8 oz. Monterey Jack cheese shredded• 1 1/2 cups macaroni noodles cooked al dente (<i>freezes well and cooks well</i>)• 5 Tbsp. butter	<ul style="list-style-type: none">• 3 Tbsp. flour• 2 cups milk• 1 tsp. salt• 1 tsp. pepper
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Instructions

Assembly instructions:

1. In a large skillet, melt 3 Tbsp. butter.
2. Add the flour and stir over medium heat until the mixture is lightly browned.
3. Pour in the milk and whisk.
4. Add the salt and pepper and cook over medium heat until the sauce thickens and starts to bubble.
5. Slowly stir in both types of cheese (saving a little bit of the cheese to sprinkle on top later) and the last 2 Tablespoons of butter, then whisk until smooth and melted.
6. Add the al dente elbow noodles once the cheeses have melted and mixed well.
7. Pour into two foil baking dishes. Sprinkle the remaining cheese on top.
8. **Cool completely and then cover with saran wrap or aluminum foil (we prefer aluminum foil). Press down into the sides of the cooking pan to ensure that no air is trapped under the wrap. This will protect your dish from freezer burn and prolong its freezer life.**
9. Then, cover with foil cover. Make sure label sticks to cover.

Cooking instructions:

1. Take tray or bag out of the freezer. Thaw in fridge overnight.
2. Preheat oven to 350°.
3. Bake in an oven safe baking dish for 20 minutes or until golden brown.
4. Serve and enjoy!

FREEZING INSTRUCTIONS FOR PREPARED MEALS:

- ✓ Cool meal **completely!!!**
- ✓ PLEASE **DO NOT** OVER FILL THE CONTAINERS...LEAVE ABOUT 1" TO ¾" SPACE FROM TOP.
- ✓ Cover with saran wrap or aluminum foil (we prefer aluminum foil).



- ✓ Press down into the sides of the cooking pan to ensure that no air is trapped under the wrap. This will protect your dish from freezer burn and prolong its freezer life.



- ✓ Then, cover with foil cover that was given. Make sure label sticks to cover.