

# Betty's Oozing with Goodness Baked Macaroni and Cheese Recipe



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In this video, Betty demonstrates how to make her marvelous Baked Macaroni and Cheese recipe. Betty has previously posted a creamy macaroni and cheese recipe (made with Velveeta), but this recipe has sharp cheddar cheese and has flavor and crustiness that is to die for!!!

Ingredients:

8 oz. elbow macaroni  
water, salted with 1 tablespoon salt  
3 tablespoons butter or margarine  
1/4 cup flour  
2 cups milk (I use skim milk.)  
2 cups shredded cheddar cheese  
1/2 teaspoon salt

Cook the macaroni in a medium to large pot that is half-full of boiling water, salted with 1 tablespoon of salt. Place 8 oz. of macaroni in the boiling water. It will take about 8 minutes for the macaroni to cook to a consistency that is al dente (chewy, but not mushy). It will continue to cook when baked in the casserole. Meanwhile, prepare your cheddar cheese sauce. In a medium-sized sauce pan, melt 3 tablespoons butter or margarine, and add 1/4 cup flour. Mix the flour thoroughly into the melted butter or margarine. Do not combine the flour and butter over heat at this point. Add 2 cups milk, 2 cups shredded cheddar cheese, and 1/2 teaspoon salt. Mix thoroughly. Now, place the cheese sauce over low heat, and cook and stir until the mixture is smooth and cooked through. Move the cheese sauce to a "warmer-type" burner until your macaroni is done, and stir it occasionally. When the macaroni is done, pour it through a colander to remove all the water, and return the macaroni to its original pot. Stir in the cheese sauce gently until completely mixed. Spray an 8-inch by 10-inch Pyrex dish with cooking spray, and add the prepared macaroni to the dish. Place the dish of macaroni in an oven that has been preheated to 350 degrees. Bake for 30 minutes, or until done to your liking. This is one of the \*most favorite\* recipes of my family. Kids love it, too!!!