



ingredients (makes 4 servings) ★

1¾ cups water
 1 cup cooked elbow macaroni
 2 tbsp butter
 3 tbsp flour
 ½ tsp salt
 1 cup milk
 1 cup cheddar cheese, grated
 breadcrumbs (optional)

materials (per child)

1 microwave safe bowl
 1 plate
 1 plastic cup
 1 big spoon
 1 fork
 1 tablespoon
 1 teaspoon



1 - Cook the pasta in the microwave. Put the water and pasta in a microwave safe bowl and cook in the microwave uncovered, on high power, for 9 minutes, stirring once during the cooking time. Be careful it will be very hot. (Depending on the strength of your microwave, you may need to add 30 seconds to 2 minutes more to the total cooking time.) When cooked drain.

2 - In a microwave safe dish, melt butter for 30 seconds.

3 - Blend in salt.

4 - In a plastic cup mix flour and milk.

5 - Mix milk mixture with melted butter.

6 - Microwave 2 minutes, stirring with a fork after 1 minute, until thickened.

7 - Stir in cheese until completely melted.

8 - Pour the macaroni into cheese sauce, mixing well.

9 - Microwave at medium-high heat for 3 minutes.

10 - If desired, sprinkle top with bread crumbs before serving.

Eat and enjoy!!!



→ Draw the ingredients and the kitchen utensils you need for this recipe?



butter



cheese



macaroni



tomatoes



spoon



fork

