



Pumpkin Mac and Cheese

This meal is an easy way to add extra nutrients to a meal that is already a kid favorite!

Ingredients

- 3 cups of pasta
- 2 tbsp of butter
- 2 tbsp of flour
- 2 cups of milk
- 1 tsp salt
- 1tsp pepper
- ½ tsp garlic powder
- ½ tsp paprika ½ pumpkin puree
- 8 oz shredded cheese

Instructions

1. Wash your hands.
2. Cook about 3 cups of pasta. Set aside.
3. Add butter and flour to a pan on medium heat.
4. Slowly add in milk while you continue to stir.
5. Add in seasonings and pumpkin puree to the pot.
6. Continue to stir until it thickens.
7. Add cheese to the pot and continue to stir.
8. After everything is melted, add pasta.
9. Enjoy your nutritious mac and cheese!

Tips for Success

- Putting butter and flour together in a pot to form a paste is called a roux! A roux helps thicken sauces when cooking.