

CHEZ J CHEDDAR MAC

in anticipation of inauguration day 2009



Yes we can!
to casseroles
and comfort food



1 small minced *onion* or 1 tsp onion powder



1 tbsp *olive* or *canola* oil



1 big clove of *garlic* or 2 small cloves, pressed or smushed to a paste –
or 1 tsp *garlic powder*.



1 pound (or so) lean *ground beef* – or more if you want your mac super
beefy



2 $\frac{3}{4}$ cups *beef broth* or *water*



1/3 cup *catsup*



1 tbsp *nuclear yellow mustard*



1 cup *milk*



2 tbsp *butter*



3 tsp *arrowroot powder* (cornstarch if arrowroot seems exotic)



12 to 16 ounces small *pasta*, like elbows or spirals



2 cups shredded *sharp cheddar cheese* or 1 cup each sharp cheddar &
Swiss cheese



salt and pepper to taste, after cooking is done

Over medium heat, drizzle oil in stock pot or large saucepan. Sautee minced onion until water evaporates and onions turn opaque, 3-5 minutes, depending on how hot your pan is. Add garlic or garlic powder to pan then ground beef and cook at medium heat until browned. If a lot of fat is rendered, drain whatever you deem to be excess. Add catsup and mustard, stir to incorporate.

Add broth or water to pan and scrape up any browned bits. Bring to a rapid simmer. Now add pasta. Cook on medium low, so the mixture is simmering, cover and leave it alone for 10 minutes.

While noodles cook, heat milk and butter in small saucepan until milk is warm and butter melted. Whisk in arrowroot and simmer on low for 3 minutes while whisking occasionally. Off heat, add shredded cheese. Stir until melted. Set aside, keep warm.

Check on pan with pasta. If pasta done to your liking, turn heat to lowest setting and add cheese sauce from small pan, stirring until incorporated. If pasta not done, put the lid back on, wait 3-5 more minutes, then add cheese sauce. Simmer uncovered on low for 3 minutes.

Turn off heat. Let stand uncovered for 5 minutes or so before serving.