

# VEGGIE CHEESE SAUCE

Last Modified: 05/27/2014

PREP: 2 Min  
COOK: 5 Min  
STOVETOP

F EASY

SAUCE

MAKES 4 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
1	Pound	ANY Green Vegetable of your choice	Cooked

CHEESE SAUCE			
3	Tbsp	Unsalted Butter	
3	Tbsp	All Purpose Flour	
1 1/2	Cups	Whole Milk	
1/4	Tsp	Garlic Powder	
1/4	Tsp	Ground Mustard	
1	Cup	Sharp Cheddar Cheese	Shredded
4	Oz	Cream Cheese (Philadelphia)	Softened
1 +/-	Pinches	Fresh Ground Black Pepper	To Taste
1 +/-	Pinches	Cayenne Pepper	To Taste

PREPARATION	
<b>FACTOID</b>	This is an easy to make and tasty Cheese Sauce that goes well over any Vegetable side dish you are making.
<b>HINTS</b>	The Sauce also reheats rather nicely without congealing.
<b>TOOLS</b>	1) Medium Saucepan & Lid
<b>PREP</b>	<b>CHEESE SAUCE</b> 1) Shred the Cheddar Cheese and set it aside.
<b>1</b>	<b>ROUX:</b> Melt 3 tablespoons of Butter in a medium saucepan over medium heat. Add in the Flour and cook, stirring, until golden, for around 3 minutes.
<b>2</b>	Whisk in the Milk, Garlic Powder and Ground Mustard. Season it to taste with Black and Cayenne Pepper and cook it while whisking continuously, until thickened, about 2 minutes more.
<b>3</b>	Reduce the heat to low. Slowly mix in pinches of the Cheddar Cheese, making sure that the previous pinch is completely melted before adding in the next. Add in the Cream Cheese and heat it until just melted. Mix it together thoroughly.
<b>SERVE</b>	Drizzle the hot Cheese Sauce generously over the top of the chosen Vegetables and serve immediately.

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