Cheese Sauce for Broccoli and Cauliflower

Ingredients

* 2 tablespoons butter
* 2 tablespoons all-purpose flour
* 1 cup milk
* 1 1/2 cups shredded Cheddar cheese
* salt and ground black pepper to taste (optional)

Directions

1. Melt butter in a saucepan over medium heat; whisk flour into butter until smooth. Pour milk into butter mixture and stir with a wooden spoon to combine. Cook and stir until mixture thickens, about 3 minutes. Add Cheddar cheese and stir until cheese is melted, about 3 minutes more. Season with salt and pepper.