

Homemade Mac and Cheese Sauce

No matter if you're making stovetop mac and cheese or baked mac and cheese, this is the best mac and cheese sauce on the internet!

Prep	5 minutes
Cook	15 minutes
Total	20 minutes
Fat	18
Carbs	9
Protein	11
Yield	8



4.10 from 30 votes

Ingredients

- 4 tablespoons butter
- 1/3 cup all-purpose flour
- 3 cups 2 % milk
- 3 cups shredded cheddar cheese
- 1/2 teaspoon salt
- 1/4 teaspoon granulated garlic or garlic powder
- 1-2 tablespoons buffalo hot sauce we used Franks

Instructions

1. First, prepare a roux by heating a large pot or dutch oven over medium/high heat. Add butter. When the butter is melted, add flour and whisk until the butter and flour form a crumble or paste.
2. Slowly add milk to the pot, whisking constantly. Continue to whisk the roux over medium/high heat for about 4-6 minutes or until the roux thickens.
3. When the roux is thick, remove from heat and add the shredded cheddar cheese. Whisk until the cheese has melted.
4. Add granulated garlic, hot sauce, and salt and pepper to the cheese sauce. Mix well.
5. Finally, mix your mac and cheese sauce recipe with 1 lb. of noodles and enjoy!

Tips & Notes

- If you would like a thinner cheese sauce, add 2 tablespoons of milk at a time, whisk it into the cheese sauce, and add more until the cheese sauce reaches your desired consistency.

- This mac and cheese sauce is for 1 lb. macaroni noodles.
- Nutrition information does NOT include noodles.

Nutrition Facts

Calories: 240kcal | Carbohydrates: 9g | Protein: 11g | Fat: 18g | Fiber: 0g | Sugar: 5g