

A recipe from: Crock-tober Fest—A Slow Cooker Feast

Slow Cooker Mac and Cheese

Serves: 10

Ingredients:

1 box (16 oz.) pasta, penne preferred
1 stick butter
½ box (1 lb.) processed cheese (like Velveeta)
8 oz. pkg. shredded cheddar
Add milk until creamy
Salt and pepper to taste



Directions:

Cook pasta to al dente (it will cook more in the slow cooker). Slice processed cheese and butter into smaller chunks. Once pasta is cooked, add all ingredients in the slow cooker. Stir occasionally. Cook on low for 4 hours or high for 2 hours.

Great for a large crowd!

Healthier Tips:

Try the recipe using whole grain pasta

Use low fat or fat free dairy products: shredded cheese, milk, and processed cheese

Instead of processed cheese, experiment with other block cheese options that may be healthier for you.



THE OHIO STATE UNIVERSITY
EXTENSION

OSU Extension Office - Washington County
1115 Gilman Avenue, Marietta, OH 45750
740-376-7431

CFAES provides research and related educational programs to clients on a nondiscriminatory basis. For more information: go.osu.edu/cfaesdiversity.