



MamMom's Frizzled Beef and Macaroni

BAH Note: There's no easy way to say this, except to just say it. This recipe starts with a box of Kraft Macaroni and Cheese. And it uses real butter, whole milk, and sliced American Cheese. Yes, you could use low fat this or skim that. But I beg you, please don't. Because Frizzled Beef and Macaroni, as The Mistah said when he tried it for the first time, is simple and unassuming. And good. Enjoy hon.

- 1 Family Size box Kraft Macaroni and Cheese
- 1 stick of butter
- 3/4 to 1 cup whole milk
- 2 to 4 slices American cheese, torn into small pieces
- 1 pound 85/15 ground beef

Set a large pot of water on the stove and bring to a boil.

Heat a large skillet over medium heat and slowly cook the ground beef, breaking it up into small pieces (frizzles), until it is browned and just cooked through. Transfer the ground beef to a mesh strainer.

While the ground beef cooks, combine 3/4 cups of milk and butter in a saucepan over medium heat. Once the butter has melted, stir in the cheese sauce powder and whisk to combine. Gradually add two slices of American cheese, allowing them to melt completely. Taste the sauce and add additional milk and cheese to taste. The sauce should not be thick. Keep the sauce warm over low heat while you cook the macaroni.

Add pasta to the boiling water and cook for approximately 8 minutes, until done. Drain pasta in a colander and return to the empty pot. Add frizzled beef and cheese sauce to pasta and stir to combine. Taste for seasoning, you may need a very small pinch of kosher salt.

Leftovers can be reheated on low power in the microwave. Add a tablespoon or so of milk to smooth out the sauce when reheating.

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