



## Easy Mac and Cheese

Adapted from [The Salt](#)

BAH Note: If you have more than one mouth waiting to get some of this, go ahead and double the recipe. And even if you only have one mouth waiting for this, you still might want to make a double batch. If you don't tell, I won't judge.

- 1/4 cup elbow macaroni
- 1/4 cup water
- 3 tablespoons milk
- 1/4 cup grated cheddar cheese
- 1 teaspoon flour

Combine the macaroni and water in a medium size microwave safe bowl, preferably one with handles. Microwave on high for 4 to 8 minutes, stirring every 2 minutes, until the pasta is almost al dente. If your pasta starts to dry out before it is done cooking, add an additional two tablespoons of water and continue cooking.

Add the milk, cheese, and flour to the bowl and stir to combine. Microwave in 30 second increments until the cheese, milk, and flour have turned into a sauce. Taste for seasoning and add kosher salt to taste.

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*easy mac and cheese* was posted by wendi on 30 april 2013 at [bonappetithon.com](http://bonappetithon.com)