

Geeze Louise Broccoli Mac & Cheese

by Quaker Valley Middle School



Thick and creamy, this main dish mac ‘n cheese is a no-brainer: kids get the delicious and healthy version of America’s favorite comfort food without a blue box, neon cheese powder, or stick of butter in sight. “This mac ‘n cheese is really cheesy!” –Emily K.

Ingredients

6 SERVINGS

Whole Wheat Pasta, cooked (8 oz)
2 qt of Broth, Chicken, low sodium
Great Northern Beans (9 Oz)
Skim Milk (1 cup)
Reduced Fat Cheddar Cheese (6 oz)
1 3/4 cup of Broccoli Florets
1/4 tsp of Salt
1/2 tsp of Garlic Powder
1/2 tsp of Black Pepper

50 SERVINGS

Whole Wheat Pasta, cooked (4 lbs +2 2/3 oz)
4 gal of Broth, Chicken, low sodium
Great Northern Beans (4 lbs + 11 oz)
1/2 gal + 1/4 cup of Skim Milk
Reduced Fat Cheddar Cheese (3 lbs + 2 oz)
3 qts +2 1/2 cups of Broccoli Florets
2 1/8 tsp of Salt
1 tbsp + 1 1/8 tsp of Garlic Powder
1 tbsp + 1 1/8 tsp of Black Pepper

Preparation

Follow proper handwashing procedures as indicated below:

Wet hands and forearms with warm, running water at least 100 degrees F and apply soap. Scrub lathered hands and forearms, under fingernails, and between fingers for at least 10-15 seconds. Rinse thoroughly under warm running water for 5-10 seconds. Dry hands and forearms thoroughly with single- use paper towels. Turn off water using paper towels. Use paper towel to open door when exiting the restroom.

To Prepare:

Drain and rinse beans. Puree beans with just enough chicken broth to form a smooth consistency.

Cook pasta in boiling water until tender. Combine milk, cheese and seasonings in a separate stockpot. Melt over medium heat until smooth and creamy. Add bean puree and combine. If sauce is too thick, ladle a couple ounces of pasta liquid in to thin to right consistency.

Steam broccoli until tender.

Drain pasta and broccoli and combine with cheese sauce.

Heat to 165 degrees F and hot hold at greater than 135 degrees F.