



Macaroni & Cheese with SPAM

From: Grandma Rose

Serves: 6 Cooking Time: 35-40 minutes

Pre-heat oven to: 350 degrees F (175 degrees C)

Ingredients:

1 1/2 cups elbow macaroni	2 cups milk*
3 tablespoons butter	8 oz. Velveeta cheese, cubed
2 tablespoons all-purpose flour	1/4 cup finely chopped onion (optional)
1/2 teaspoon salt	1 can SPAM luncheon meat,
Dash pepper	cubed (optional)

Directions:

1. Cook 1 1/2 cups elbow macaroni in boiling salted water until tender; drain.
2. In saucepan, melt 3 tablespoons butter; blend in 2 tablespoons all-purpose flour, 1/2 teaspoon salt and a dash pepper.
3. Add (2) cups milk; cook and stir until thick and bubbly
4. Add 1/4 cup finely chopped onion (optional) and 8 oz. of Velveeta cheese; stir until melted.
5. Mix cheese sauce with macaroni and add cubed SPAM if desired. Turn into 1 1/2 quart casserole dish. Sprinkle 1 sliced tomato with salt and place on top.
6. Bake at 350 degrees for 35 to 40 minutes or until heated. Makes six servings.

*We recommend using low-fat or whole milk, but not skim milk