

STEAMED VEGGIES WITH CHEESE SAUCE

Matrix Code CB403 for StartOver.xyz (revised 9 December 2018 by Clinton Callahan)

(serves 4-6 people)

Sometimes you need a quick and easy to prepare delicious meal that fills bellies while it helps to empty that bottom drawer of your refrigerator. This is the ticket!

VEGETABLES:

Parsnips
Potatoes
Carrots
String beans
Zucchini
Squash
Cabbage
Rutabaga
Turnips
Kohlrabi
Broccoli stems
Onions
Yams



Wash and chop your veggies into bite sized chunks, estimating how much people will want to eat.

Place the hardest veggies on the bottom of your steamer, like carrots, parsnips, or potatoes, then layer the rest on top. Steam for 15-20 minutes until tender.

If you are cooking broccoli florets or zucchini, keep them out of the pot and add them in at the last 5 minutes so they do not turn into mush.

CHEESE SAUCE:

3 Tablespoons butter
4 Tablespoons white dinkel flour
¼ teaspoon salt
400 ml milk, approximately
600 grams grated cheese

Grate the cheese first using the bigger size grater holes. You can mix together any sort of hard cheeses, although cheddar makes a wonderful sauce.

Melt the butter in a small sauce pan.

Add flour and salt and stir with a whisk until a paste forms.

Slowly pour in some of the milk while constantly stirring with the whisk. The constant stirring is important to avoid lumping. Pour in a little more milk each time the sauce begins to thicken more than you would like your cheese sauce to be.

When the consistency comes to steady state of thickening, add in your grated cheese and stir until smooth. Your cheese sauce is then ready to serve.

For an extra added treat, serve the veggies and cheese sauce with a dollop of sour cream.

Have Tabasco sauce available for those who like it spicy.