



**CAMP
SOUTHERN
GROUND**

SPRING VEGGIE “MAC & CHEESE”

Servings: 6

INGREDIENTS

- 1 Cup Broccoli, Cut into Bite Size Pieces
- 1 Cup Cauliflower, Cut into Bite Size Pieces
- 1 Cup Zucchini, Cut into Half Moons
- 1 Cup Carrots, Cut into ¼” Cubes
- ½ Cup Sweet Onions, Small Diced
- 4 Tablespoon Butter or Oil
- 4 Tablespoon Flour
- 5 Cups Milk
- 1 Cup Heavy Cream
- 1 Teaspoon Onion Powder
- 1 Teaspoon Garlic Powder
- ¼ Teaspoon White Pepper
- Pinch of Nutmeg
- 1 Cup Sharp Cheddar Cheese, Grated
- ½ Cup Cream Cheese, Whipped
- ½ Gouda Cheese, Grated
- ½ Cup Parmesan Cheese, Grated

INSTRUCTIONS

1. Preheat oven to 350°.
2. Steam or sauté the vegetables until al dente (like pasta). Tender, but still has a little bite.
3. For the sauce, melt butter in a saucepan over medium heat. Add flour, whisk, and cook for 1-2 minutes.
4. Add milk a small amount at a time, whisking smooth after each addition.
5. Add onion powder, garlic powder, white pepper, and nutmeg. Whisk until thickened.
6. Turn the heat down to low, and add in the cheddar, cream cheese, gouda, and parmesan.
7. Continue to cook, whisking continually until incorporated.
8. Remove from heat and add cheese. Stir until melted. Then turn off the heat.
9. Combine the vegetables and cheese sauce, and layer it into a baking dish.
10. Bake in the oven for 30 minutes. For the last 10 minutes, add extra cheese on top and cook until browned.
11. Enjoy with your favorite baked or grilled protein!