**Macaroni and Cheese**

**INGREDIENTS**:

* 1 lb box of pasta (preference is small shells)
* 6 tablespoons butter
* ¼ cup flour + 2 tablespoons flour
* 12oz extra sharp cheddar cheese, grated
* ½ cup sour cream or plain Greek yogurt
* 1 can condensed cheddar cheese soup
* 1 cup 2% milk (or whole)
* ½ teaspoon dry mustard
* ½ teaspoon black pepper

**DIRECTIONS**:

**Day 1**

1. Fill your stock pot 2/3 full with water, cover, and bring to a boil on high heat. Then, after the water is boiling, stir the shells. Cook until almost tender but still a little firm to the bite, approximately 8-10 minutes. Drain the pasta and run cold water over it to prevent it from cooking anymore. Let the water drain out for a few minutes.
2. Melt the butter in a stockpot. Once melted, mix in the flour. Then, slowly add the cup of milk on **medium-high** heat whisking the **ENTIRE** time.
3. Once it starts bubbling into a thick mixture, turn heat down slightly and add the cheddar cheese soup and sour cream. After it’s incorporated, turn heat down to **LOW** and add grated cheddar cheese.
4. Once the cheese is completely melted into the mixture, add the ground mustard and pepper. Whisk to incorporate. Stir in shells with a spoon. Pour into a 9x13 casserole dish and cover until Day 2.

**Day 2**

1. Bake dish in a 375°F oven, covered, for about 40 minutes. Stir about halfway through the heating time.