**One Pot Macaroni and Cheese**

**Ingredients**

2 Tbs. unsalted butter

2 cups whole milk

1 cup water, plus more if it gets too thick

1/4 tsp. dried mustard

½ tsp. salt

¼ tsp. pepper

1/2 pound small shell pasta

8 ounces sharp Cheddar, shredded (about 3 cups) – or 4 oz cheddar, 4 oz american

**Directions**

Put butter, milk, water mustard, salt, pepper, and pasta in a medium pot, and bring to a simmer. Simmer over medium high heat until the pasta is al dente, or about 10-12 minutes, STIRRING FREQUENTLY. Lower the heat if the milk gets close to boiling over! Add a little water if the mixture starts to get too dry.

Once the pasta is cooked, the mixture should look like thick heavy cream. Remove the pasta from the heat and add the cheese. Stir to combine and melt.

NOTE: If you would like to bake the macaroni and cheese, cook the pasta until just under al dente. It will still stick to your teeth slightly, but will not be crunchy. Next, top with an additional cup of cheese and bake in a preheated 375 degree oven for 30-45 minutes.

*Do not use a large pot or skillet because too much surface area causes too much evaporation of the milk.*