

## USING WHITE SAUCE

### BASIC WHITE SAUCE:

2 Tablespoons butter or margarine

2 Tablespoons flour

¼ teaspoon salt

Dash pepper

1 cup milk

In a small saucepan melt butter or margarine. Stir in flour, salt and pepper. Add milk, stirring well. Cook and stir over medium heat till thickened and bubbly. Cook and stir one to two minutes more. Makes about 1 cup.

Use any vegetables and/or meats and serve over cooked grains, pasta, potatoes or pastries. For a really quick meal, serve over toast! When using vegetables, cook them partially and add to the sauce. If they have lots of liquid after cooking, the sauce will be runny, in which case you can add thickening – put in a jar with tight-fitting lid: 1/4 cup water and 2 teaspoons flour or cornstarch, put lid on, shake very well and slowly add to the white sauce, heating well. Adding grated cheese will thicken the sauce too. Or you can add less milk to the original recipe if you anticipate that the ingredients you will add have extra liquid. You can add cooked meats (cook completely before adding), canned or frozen pre-cooked (thaw beforehand) meats, such as small bite-sized pieces of chicken, turkey, beef, pork, fish, etc. Be creative - add dill weed, garlic, hard-cooked eggs, or curry. If desired, sprinkle with parsley, grated cheese, olives...you name it!

### IDEAS FOR USING WHITE SAUCE:

Cheese and broccoli over pasta

Ham and peas over toast

Zucchini and onions over croutons

Potatoes and carrots over a crusty pastry

The ideas are endless! This may be a good way to help children learn to love vegetables!

### SOUPS can be made from the Basic White Sauce:

To the Basic Recipe, add broth or water to thin, then add ingredients to create:

Clam Chowder

Corn Chowder

Potato and Bacon Soup

Creamy Veggie Soup

Etc., etc., etc.

