



Mac 'n Cheese with Veggies & Beans

Makes: 50 child servings

Ingredients

Imperial Measurement	Ingredient	Metric Measurement
1 cup	margarine	250 mL
1 cup	all-purpose flour	250 mL
10 cups	milk	2.5 L
10 cups	chickpeas or navy beans, cooked OR canned, drained and rinsed	2.5 L
3 tbsp	mustard	45 mL
15 cups (3 ½ lbs)	whole grain or whole wheat macaroni, uncooked	3.75 L (1.7 kg)
16 cups (4 lbs)	cheddar cheese, grated	4 L (1.9 kg)
4 cups	broccoli, steamed	1 L
4 cups	cauliflower, steamed	1 L
4 cups	carrots, sliced	1 L
4 cups	celery, sliced	1 L
¼ tsp	pepper	1 mL
Optional:	herbs, fresh or dried breadcrumbs (for topping)	

Instructions

1. Preheat oven to 350°F (180°C).
2. In a medium saucepan, melt butter or margarine.
3. Whisk flour into the melted butter and cook for 1 – 2 minutes, until bubbling.
4. Slowly add milk, whisking constantly.
5. Cook sauce on low heat for 10 – 15 minutes, continually stirring until smooth and thick. Add pepper and herbs, if using.
6. Add 2/3 of cheese and stir until melted.
7. Meanwhile, bring a large pot of water to a boil. Add macaroni and cook according to package directions. Add celery and carrots during last 5 minutes of cooking. Drain.

Note 1: Instructions are continued on page 2.

Note 2: Nutritional Information is on page 2.

8. Spray necessary number of baking dishes with cooking spray.
9. In a large bowl, combine noodle mixture, beans, broccoli, cauliflower, and sauce.
10. Divide between baking dishes.
11. Top with remaining cheese and breadcrumbs (if using).
12. Bake for 20 minutes or until cheese is bubbling and golden.

Nutrition Information	
Serving 190 g (6.5 oz)	
Calories	390
Fat	19 g
	Saturated 9 g
	+ Trans 0 g
Sodium	300 mg
Carbohydrates	39 g
	Fibre 4 g
	Sugars 4 g
Protein	19 g
Calcium	350 mg
Iron	2 mg

Food Guide Servings
½ Vegetable & Fruit
1 Grain Product
1 Milk & Alternative
½ Meat & Alternative