

# Broccoli Cheddar Mac n Cheese

## Ingredients for Life

Rich, cheesy, and creamy, if you love broccoli cheddar soup, you'll love this twist on a classic mac and cheese. Plus, did we mention you can cook it all in one pot? It's an effortlessly decadent meal you can enjoy any day.

**Serves 4**    **Serving size:** 2½ cups    **Prep time:** 10 minutes    **Cook time:** 20 minutes    **Total time:** 30 minutes

## Ingredients

- 2 teaspoons olive oil
- 2 garlic cloves, minced
- 1, 12-ounce can evaporated milk
- 2½ cups low sodium vegetable or chicken broth
- 8 ounces whole-wheat macaroni or penne
- 1/2 teaspoon mustard
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 4 cups broccoli florets, finely chopped
- 6–8 ounces cheddar cheese, cubed



## Directions

1. In a large pot, heat olive oil over medium heat.
2. Once hot, add garlic cloves and stir constantly until fragrant and golden.
3. Add milk, 1 cup of broth, pasta, mustard, salt, and pepper.
4. Turn heat to medium-high and bring pasta to a boil. Stir constantly to prevent sticking.
5. Add remaining 1½ cups of broth, 1/4 cup at a time, as needed.
6. After cooking for 8 minutes, add broccoli and cook for 4–6 minutes more. Stir constantly to prevent sticking.
7. Once the pasta has reached your desired level of doneness, take pasta off the heat and add cheese. Stir to combine and serve.

## Nutrition Facts

Serves 4	
<b>Serving size</b>	<b>2-1/2 cups (474g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>388</b>
% Daily Value*	
<b>Total Fat</b> 6g	<b>9%</b>
Saturated Fat 2g	<b>10%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 11mg	<b>4%</b>
<b>Sodium</b> 699mg	<b>29%</b>
<b>Total Carbohydrate</b> 66g	<b>22%</b>
Dietary Fiber 11g	<b>43%</b>
Total Sugars 14g	
<b>Protein</b> 22g	<b>44%</b>
Vitamin D 76mcg	19%
Calcium 413mg	41%
Iron 4mg	20%
Potassium 938mg	27%
Phosphorus 394mg	39%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.