



## Garlic & Oregano Béchamel

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Makes 12; 3oz portions

*This is a perfect sauce for mac'n'cheese, any type of chicken dish, or even use it for broccoli.*

### **Ingredients:**

|          |                 |
|----------|-----------------|
| 6 tbsp   | Butter          |
| 6 tbsp   | Flour           |
| 4.5 cups | Cheddar Cheese  |
| 4.5 cups | Milk            |
| 4 tsp    | Garlic Powder   |
| 4 tbsp   | Oregano         |
| To Taste | Salt and Pepper |

### **Directions:**

In sauce pan melt down butter on low/medium heat.  
After butter is melted add flour and whisk together to make a roux.  
Add milk to roux and turn heat up to medium for 5 minutes.  
Add the cheese and wish together thoroughly until smooth.  
Add the garlic powder, oregano, and salt and pepper

