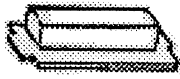
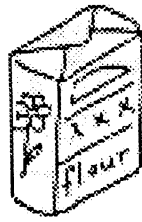


Cheese Sauce & Broccoli

You Need:



2 Tb. butter



2 Tb. flour



1 cup milk



1 cup
broccoli



pinch salt



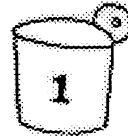
pinch of
salt & pepper



1 cup cheese



1/2 cup dry
measuring cup



1 cup dry
measuring cup



grater



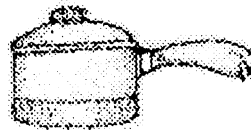
bowl



liquid
measuring cup



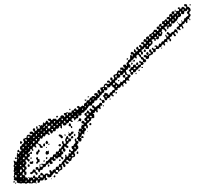
Tablespoon



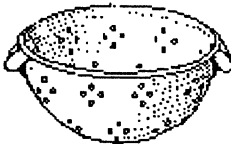
saucepan
with lid



metal spatula



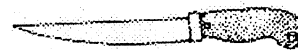
wooden spoon



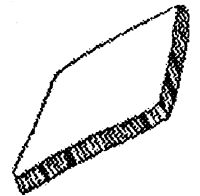
strainer



1 cup water

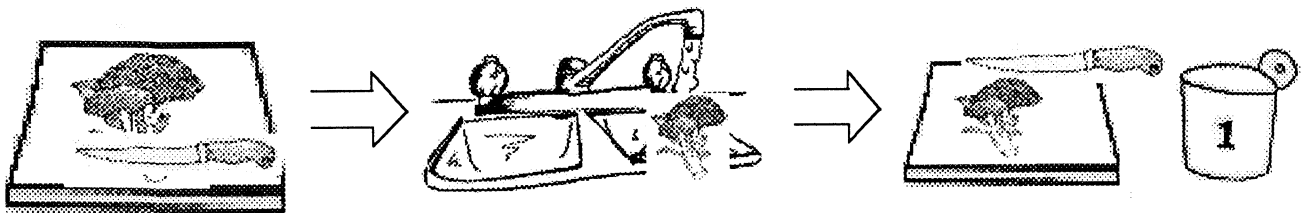


sharp knife



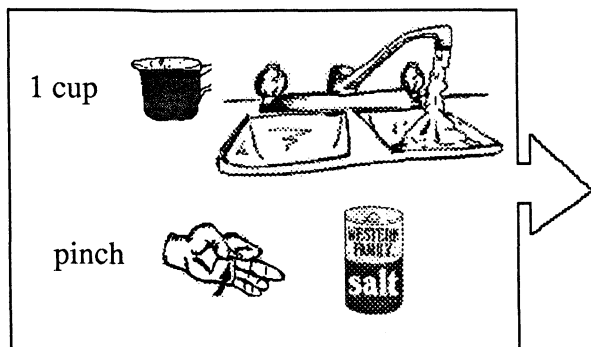
cutting board

1.

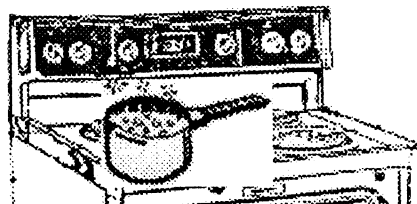


Cut off the long ends of the broccoli stock. Wash broccoli and cut into small pieces to measure 1 cup.

2.



Add 1 cup water and a pinch of salt to saucepan.



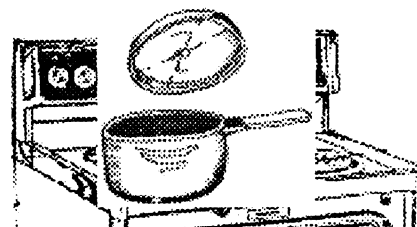
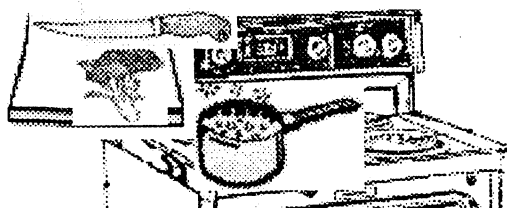
HIGH



BOIL

Place pan on stove. Turn temperature to HIGH heat. Bring to a BOIL.

3.



Carefully, put cut up broccoli in pan. Bring to a BOIL. Put lid on pan.

4.



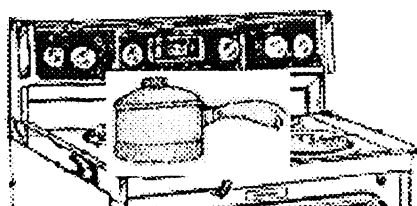
LOW



15 minutes



Turn temperature to LOW. Simmer for 15 minutes.

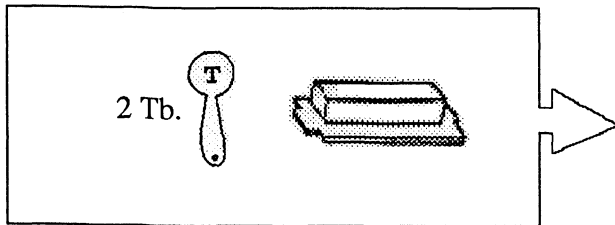


OFF

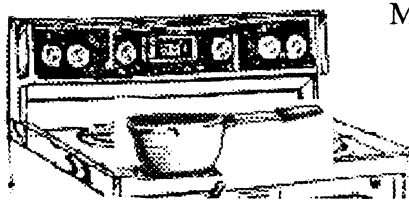


Turn stove OFF.

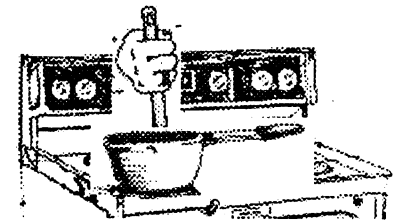
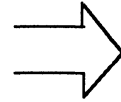
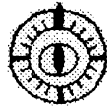
5.



Measure 2 Tb. butter. Put in saucepan.

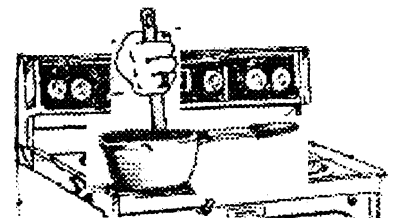
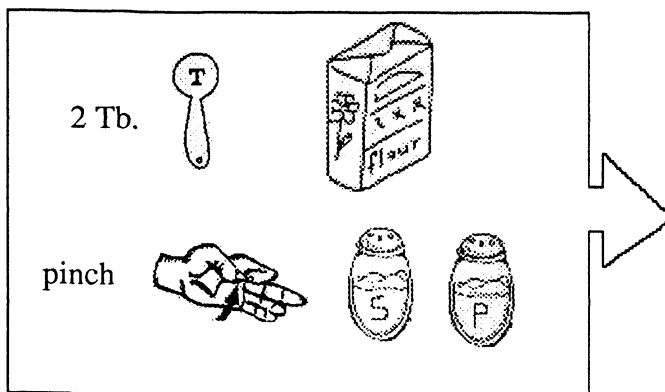


MED LOW



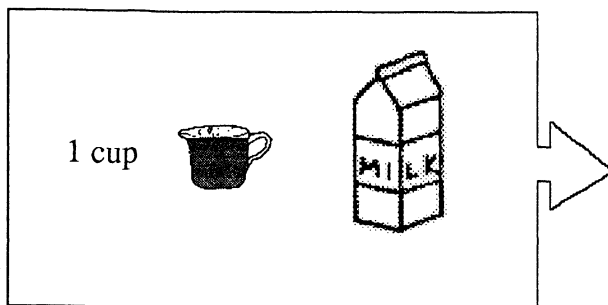
Put pan on stove. Turn stove to MEDIUM LOW heat to melt butter.

6.



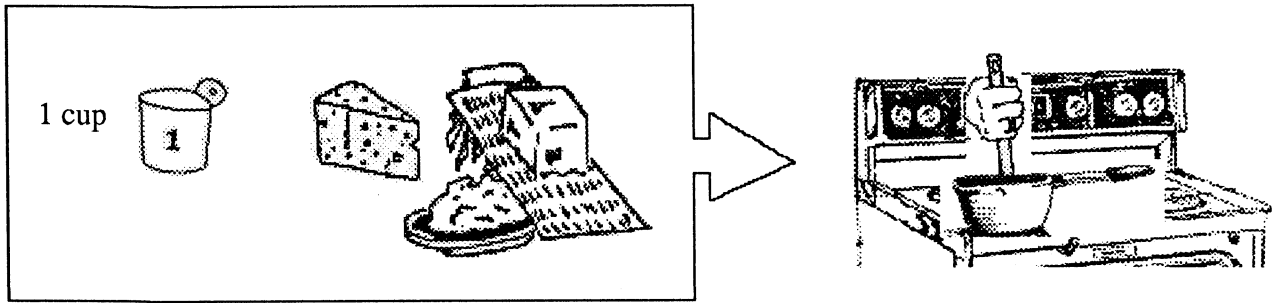
Measure 2 Tb. flour and a pinch of salt & pepper.
Stir into melted butter on stove.

7.

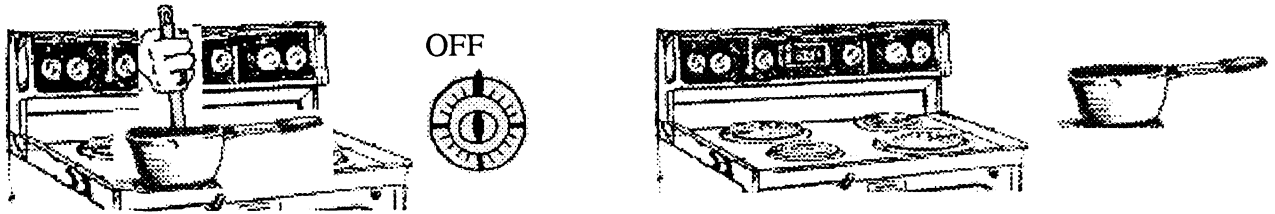


Gradually add 1 cup milk and stir until thickened.

8.

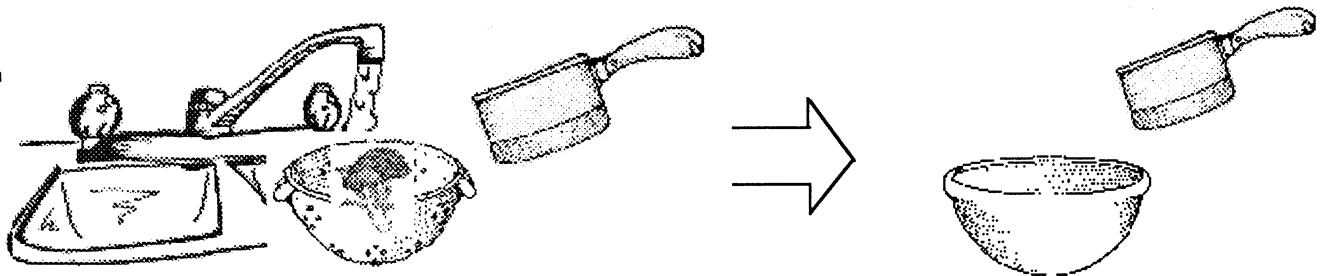


Grate 1 cup cheese and add to white sauce on stove. Stir until thoroughly blended.



Turn OFF stove. Remove from heat.

9.



Drain vegetables in strainer over sink. Place in serving bowl. Pour cheese sauce over broccoli and serve.

CHEESE SAUCE & BROCCOLI

You Need:

2 Tb. butter
2 Tb. flour
pinch of salt and pepper
1 cup milk
1 cup cheese
1 cup broccoli
pinch salt
1 cup water
grater
liquid measuring cup

saucepan with lid
cutting board
sharp knife
1 cup dry measuring cup
strainer
Tablespoon
metal spatula
wooden spoon
bowl
saucepan

1. Cut off the long ends of the broccoli stock. Wash broccoli and cut into small pieces to measure 1 cup.
2. Add 1 cup water and a pinch of salt to a saucepan. Place pan on stove. Turn temperature to HIGH heat. Bring to a boil.
3. Carefully, put cut up broccoli in pan. Bring to a boil. Put lid on pan.
4. Turn temperature to LOW. Simmer for 15 minutes. Turn stove OFF.
5. Measure 2 Tb. butter. Put in saucepan. Put pan on stove. Turn stove to MEDIUM LOW heat to melt butter.
6. Measure 2 Tb. flour and a pinch of salt & pepper. Stir into melted butter on stove.
7. Gradually add 1 cup milk and stir until thickened.
8. Grate 1 cup cheese and add to white sauce on stove. Stir until thoroughly blended. Turn OFF stove. Remove from heat.
9. Drain vegetables in strainer over sink. Place in serving bowl. Pour cheese sauce over broccoli and serve.