

EASY CHEESY BROCCOLI & NOODLES

Ingredients:

- 1 Chopped Onion
- 2 Garlic Cloves Minced
- Butter/Lard/Olive Oil
- 1 Cup Milk
- 1 Cup Cheese
- 1 Block Cream Cheese
- 2 Cups Broccoli
- Red Pepper Flakes
- 12 Oz Noodles of your choice



Directions:

1. Cook the noodles according to directions
2. Sauté the Onion & Garlic in the butter/lard/olive oil until translucent
3. Using a pinch of red pepper flakes place in the pan for 1 minute until fragrant
4. Add in the milk, cheese and cream cheese and melt (turn off until broccoli & noodles are ready)
5. If you are using fresh or frozen broccoli you may need to steam these first to ensure they are cooked
6. Combining the noodles, broccoli into the cheese sauce and mix thoroughly
7. Serve when warm!

