



Mealttime Memories: The Everyday Table

Meal Planning

Find a process that is enjoyable, easy, and effective

1. Spend time looking for recipes
2. Save in a system
3. Ask family what they like
4. Check the weather!
5. Meal Journal
6. Plan your sit-down meals
7. Theme nights
8. Pick a shopping day and shop from a list
9. What's on sale
10. Leftovers for eating or freezing
11. Prep after shopping
12. Batch cooking
13. Freezer Meals
14. Keep fridge airy
15. Well stocked pantry (stock, rice, potatoes, beans, salsa, pasta, dry ranch, dry taco)

Notes:

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Stovetop Mac n Cheese

2 tbsp salt
4 qts. water
3 cups elbow macaroni
3 links andouille chicken sausage
3 tbsp canola oil
8 oz. cheddar cheese
2 oz. fresh Parmesan cheese
½ cup panko breadcrumbs
¼ cup all-purpose flour
2 cups milk
½ cup heavy whipping cream
4 oz. cream cheese, cubed
1 tsp Dijon Mustard Rub
2 cups frozen peas

DIRECTIONS

Add the salt and water to a large stockpot and bring to a boil. Place the oven rack 6–8" from the heat source. Preheat the broiler.

Add the pasta to the pot and cook, uncovered, for 1 minute less than the instructions on the box, stirring occasionally. Reserve ½ cup of the pasta water.

Preheat a 12" Cast Iron Skillet over medium heat for 5 minutes. Slice the sausage. Add the oil to the skillet, then cook the sausage for about 4–6 minutes or until browned, stirring occasionally.

Meanwhile, grate the cheddar cheese with the Coarse Grater and grate the Parmesan cheese with the Fine Grater. Combine ¼ cup of the Parmesan with the panko; set aside.

When the sausage is cooked, remove it from the skillet. Whisk the flour into the oil until there are no lumps and cook for 1–2 minutes.

Slowly whisk in the milk, cream, cream cheese, and rub. Bring the mixture to a simmer and let it cook until slightly thickened, about 3–5 minutes. Reduce the heat to medium-low.

Working in batches, whisk in the cheddar and Parmesan cheeses until they are fully melted. Add the reserved pasta water to thin out the sauce.

Return the sausage to the skillet. Stir in the cooked pasta and peas. Top with the panko mixture and broil for about 1–2 minutes, or until the breadcrumbs are toasted (watch carefully, as they can burn quickly).

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