# Cheese Sauce

3 Tbsp butter or margarine

3 Tbsp flour

1 ½ cups milk

1 cup grated cheddar cheese

1/8 tsp pepper (optional)

In a saucepan, melt the butter on medium heat. Add flour and stir well. Continue stirring for a couple of minutes while the flour cooks. Turn heat down a bit and add the milk slowly while stirring constantly. Keep stirring until mixture starts to thicken. Add cheese slowly, stirring constantly until cheese has melted. Add pepper to taste if using. Enjoy over pasta or vegetables.

Notes:

Other hard cheeses can be substituted in this recipe. Gorgonzola, asiago, romano, and others will work; experiment to find your favorite.

Also, be sure you cook the flour well. If not, the sauce will have a gritty texture.