

Slow Cooker Buffalo Mac and Cheese

Bolivar Richburg Central School

“A Meal That Can Bring You Together”

Taken from the slowcookergourmet.net, modified to meet the dietary requirements of our class members



Ingredients:

- 1 lb. Boneless skinless chicken breast
- 2 c. chicken broth
- ½ c. buffalo wing sauce (we used Dinosaur Barbecue Mild Wing Sauce)
- 1 t. garlic powder
- ½ t. onion powder
- ¼ t. celery salt
- 8 oz penne pasta (we used Barilla gluten free, 12 oz box)
- 3 T. butter
- 2 T. arrowroot (instead of flour)
- 1 ½ c. milk
- 8 oz. Shredded Colby jack cheese

Instructions:

1. Add chicken, broth, buffalo sauce, and seasonings to the slow cooker.
2. Cover and cook on high for 3-4 hours, or low for 6-8 hours.
3. Shred fully cooked chicken with forks and return it to the slow cooker.
4. Add the uncooked pasta to the chicken mixture and stir to combine.
5. Cover and cook the pasta on high for 30-40 minutes until fully cooked. You can add additional water ¼ cup at a time and stir in if needed for the uncooked noodles.
6. In a saucepan over medium high heat, melt butter.
7. Whisk the arrowroot into the butter.
8. Slowly pour in the milk while whisking until smooth.
9. Bring this mixture to a simmer for 4-6 minutes until the sauce thickens enough to stick to a spoon (it will be a little thinner than most cheese sauces.)
10. Remove the saucepan from the heat and whisk in the cheese until it is melted and smooth.
11. Add the cheese sauce to the slow cooker and stir everything to combine
12. Serve immediately.