

MACARONI & CHEESE

1 cup serving = 14g protein



1 Batch Yield: 11 servings (1 cup per serving)

Rubicon M&C Base Mix #18104	150 g (1 1/4 cups)
Dry and Uncooked Elbow Pasta	16 oz
Hot Tap Water (at least 120°F)	7 cups
Shredded Cheddar	13 oz (4 cups)
Sour Cream	2/3 cup

1. **Multiply** ingredients by the number of batches needed.
2. **Pour** hot water into hotel pan and **whisk** in base mix for at least 30 seconds, until fully dissolved.
3. **Add** dry, uncooked pasta.
4. **Cover & bake** at 350°F (convection) for 40 minutes.
5. **Remove & stir** in cheese and sour cream.
6. **Bake additional 10 minutes** if liquid remains or when preparing larger batches (3-4 batches in a full hotel pan).

Recommended Pan Sizes & Batch Scaling

4" quarter or third pan	1 batch (11 serv.)
4" half hotel pan	2 batches (22 serv.)
4" full hotel pan	3-4 batches (33-44 serv.)
Kettle recipe available for larger servings	

RECIPE NUTRITION

Per 1 cup serving (260g total recipe weight)

Calories 365 Total Fat 16g Cholesterol 42mg Sodium 457mg
Total Carbs 40g Fiber 1.5g Sugar 1.8g Protein 14g