

## **“Alfredo” Sauce**

The Beader Chef Original

**Servings:** 2

### **Ingredients:**

- 2 tbsp. Butter
- 2 tbsp. Flour
- 1 cup Milk
- 1/2 cup Water
- 1/2 tsp. Garlic Powder
- 1/2 tsp. Fresh Ground Pepper
- 1/8 tsp. Salt
- 1 tbsp. Parsley, chopped

### **Directions:**

1. On medium heat, melt butter in a medium pot then stir in flour to make a paste.
2. Add milk and water while stirring to evenly distribute the butter-flour paste, which will melt.
3. Stir in garlic powder, ground pepper and salt.
4. Bring the sauce just to a boil and then simmer to desired consistency.
5. Mix in chopped parsley and then use to coat cooked pasta and serve.

### **Note:**

This made enough sauce to cover 2 cups of frozen tortellini, about 2 servings. You can also mix it up by adding vegetables, different spices and/or cooked meats, but you may need to make more sauce to cover everything!