



Cheese Sauce

A deliciously low point cheddar cheese base sauce

This page is devoted to all of you cheese heads out there. This is a very easy to make cheese sauce that is awesome on pretty much anything. It can be poured over a baked potato, tossed with pasta to make low point mac n cheese, the possibilities are pretty much endless. It's also extremely customizable and easy to dock up. This isn't as thick and goopy as canned cheese goop. This is slightly thinner, with the viscosity of hot nacho cheese.

Servings Info.:

Yields: 3-1/4 cups

Servings: 13

Serving Size: 1/4 cup

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RECIPE INFO



- last checked 11/15/22 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.

Ingredients:

- 2-1/4 cups water
- (1) 10-3/4oz can Campbell's "Healthy Request" Condensed Cheddar Cheese Soup.
- 1/2 tsp salt
- 1/2 tsp chicken flavored bouillon granules
- 1/8 tsp ground turmeric
- 2 tsp 'cheese' flavored popcorn seasoning sprinkles (I used 'Kernel Season's' brand, available at most major stores and walmarts.)
- 2 slices velveeta original cheese slices
- 4-1/2 tsp cornstarch, dissolved into the water

Directions:

1. In a medium sauce pot, stir together all of the ingredients, with a whisk, till the cornstarch dissolves. Turn on the heat and bring to a rolling boil. Lower the heat to keep the mixture at a rolling boil, without letting the sauce bubble over. Allow to cook at low boil for 5-6 minutes.
2. After 5-6 minutes, remove pot from heat and allow to cool for 10 minutes. The sauce will thicken slightly while it cools. Done

Notes:

- If your local store sells "Borden's" brand, fat free cheddar slices, use those instead of Velveeta. You can use 5 slices for 3 points, instead of Velveeta's 2 slices!!!
- You can substitute 1 cup of water with 1 cup of fat free chicken broth, if you don't want to use the chicken flavored bouillon granules.
- For Nacho Cheese sauce, use cayenne pepper for plain ol' heat. Adding chipotle chili powder (McCormick's) adds a little smokiness as well as heat.
- 1 can of the condensed soup shows as more points in the recipe builder. However, if you remove the soup from the can and do the points according to the weight and ACTUAL volume of the can's contents, it is lower in points.
- For an even thicker, really goopy Nacho Cheese sauce, you can add up to 1 additional tablespoon of cornstarch and still keep the first serving at 1 point.

