

Natrel[®]

Bechamel Sauce

This is not just a classic bechamel sauce it's the base for a Creamy Turkey Lasagna, an exciting midweek Mac & Cheese dish and velvety white meat sauce.

SERVES

4



PREPARATION TIME

10MIN.



COOKING TIME

15MIN.



Ingredients

1/2 cup Natrel butter

6 tbsp. unbleached, all-purpose flour

3 1/4 cups Natrel Fine-filtered 2% Milk

1/4 tsp. ground nutmeg

Salt and pepper, to taste

Preparation

1. Melt the butter over medium heat in a saucepan.
2. Over medium heat, add the flour and stir with a whisk.
3. Once the butter and the flour are well combined, add the milk and bring to a boil, stirring with a whisk.
4. Simmer gently for about 5 minutes or until the sauce has thickened.