



Creamy Alfredo Sauce

Jacob · 30/09/2024



Prep Time

30 mins

Difficult

Medium

Servings

4

Description

This Alfredo sauce with milk Parmesan cheese and garlic is a quick and easy recipe that your family will love. You may add more Parmesan, garlic, and salt to taste. You can easily add anything you like such as grilled shrimp, chicken, etc. I also love pouring this sauce over pasta with sautéed peppers.

Ingredients

- - ¼ cup butter
- or more to taste - 1 clove garlic
- minced - ¼ cup all-purpose flour - 2 tablespoons grated Parmesan cheese (such as Kraft®) - 2 cups milk - 1 ½ teaspoons Italian seasoning - 1 teaspoon salt
- or to taste - 1 pinch ground black pepper

Instructions

1. Melt butter in a large saucepan over medium-high heat; add garlic and sauté until golden
2. 2 to 3 minutes. Dotdash Meredith Food Studios Reduce heat to medium and gradually stir in flour until smooth
3. 3 to 5 minutes. Dotdash Meredith Food Studios Add Parmesan cheese and stir until melted and mixture is thickened
4. 2 to 3 minutes. Dotdash Meredith Food Studios Slowly whisk in milk
5. stirring constantly
6. until smooth
7. about 5 minutes. Dotdash Meredith Food Studios Season with Italian seasoning
8. salt
9. and pepper. Cook and stir until sauce reaches desired consistency
10. 5 to 10 minutes.